



The INSIDER

An Independent Newspaper
For Wynmoor Residents

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JUNE 2020

JOSH RYDELL *making a Difference*



When we first met Josh Rydell, he was a first-time candidate for the Coconut Creek City Commission in 2014. Josh was routinely spotted around Wynmoor with his young daughter in tow, introducing himself to voters and taking the time to hear about the issues important to them. Back then, he was a young attorney who wanted to make a difference in Coconut Creek.

Fast forward to 2020. Josh is now our Vice-Mayor and has also previously served as our Mayor.

Yet he's still the same man we all came to know years ago. He's still listening to the concerns of our community and doing everything he can to respond. He's still a frequent visitor at Wynmoor, only now he has two daughters in tow. Josh has been a fixture around here and he has fought hard for us. For example, he has been outspoken about stopping the expansion of the Turnpike. He has taken on Waste Management over their desire to expand Mount Trashmore. He has even made himself accessible to residents by giving out his cell phone number and actually answering our calls!

During the Coronavirus pandemic, Josh has been a leader on keeping our community safe, healthy and informed. Coconut Creek has one of the lowest infection rates in the county because our local government was among the first in Broward to implement precautions specifically designed to halt the

spread of the virus. Josh's leadership has been crucial to implementing the city's comprehensive response to this public health emergency.

When we learned that Josh would be running for Broward County State Attorney, we were thrilled. The State Attorney acts as our local district attorney, as it's called up North. A big part of the job is being Broward's chief prosecutor and working with law enforcement to protect the community. As our next State Attorney, Josh is committed to looking out for our most vulnerable populations – especially seniors.

Many seniors, including some of our close friends and neighbors at Wynmoor, have been targeted by illegal contractors, phone scammers, dishonest health aides and other crooked actors. As a Coconut Creek Commissioner, Josh has made our local police aware of this and pledged to crack down on crime. As our next State Attorney,

he'll have the power to keep doing just that.

Here's what Broward County Commissioner Mark Bogen, another loyal friend to Wynmoor, has to say about Josh: "I'm certain that Josh Rydell will be an outstanding State Attorney. In addition to the hard work that he is prepared to undertake in order to keep us safe, I'm supporting Josh because I have seen firsthand the way he genuinely cares about people as individuals. As Commissioner of Coconut Creek, Josh has always been there for our community and I know that will continue when he becomes our county's State Attorney."

So, for our up-coming primary election this August, our community has a chance to elect a county-wide State Attorney who is from Coconut Creek and a friend to Wynmoor. Voting for Josh will ensure our community stays safe, allowing all of us to rest a bit easier at night.

HURRICANE SEASON

NOAA Predicting 'Above-Normal' 2020 Atlantic Hurricane Season

Hurricane season officially begins June 1st and runs through November

The National Oceanic and Atmospheric Administration is predicting an "above-normal" 2020 Atlantic hurricane season, with 13 to 19 named storms.

NOAA forecasters said that six to 10 of those storms will become hurricanes and three to six of those would become major hurricanes with 111 mph winds or higher.

NOAA said there's a 60% chance of an above-average season, a 30% chance of a near-normal season, and just a 10% chance of a below-normal season. Forecasters from NOAA update their predictions in early August.

Forecasters said the combination of several climate factors is driving the strong likelihood for above-normal activity in the Atlantic this year. In addition to a lack of an

El Niño, which usually results in stronger wind shear that can tear fledgling storms apart, sea surface temperatures in the tropical Atlantic and Caribbean Sea are warmer than normal, forecasters said.

"NOAA's analysis of current and seasonal atmospheric conditions reveals a recipe for an active Atlantic hurricane season this year," NOAA administrator Neil Jacobs said.

Hurricane season traditionally begins June 1 and runs through November, but this week Tropical Storm Arthur briefly popped up, marking the sixth straight year a named storm came in May or earlier.

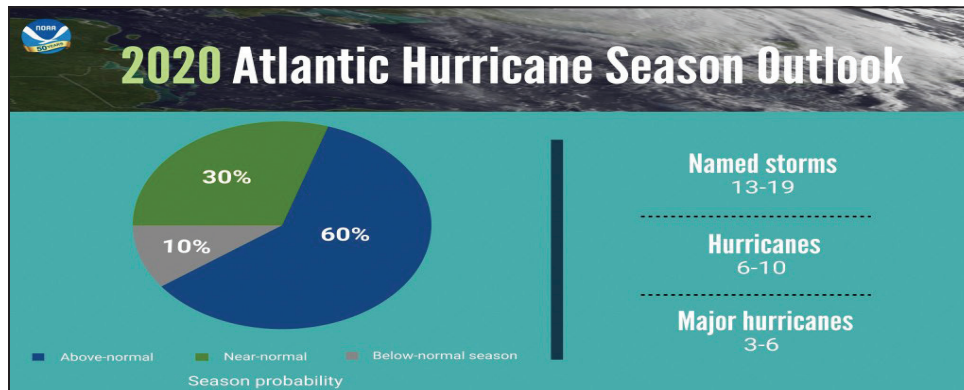
The Atlantic Basin annual average is 12 named storms, six hurricanes and two major hurricanes.

Last year's active season saw 18 named storms and six hurricanes

including three major hurricanes, Dorian, Humberto and Lorenzo. Dorian pummeled the Bahamas with

maximum sustained winds of 185 mph, storm surges and torrential rain in a sustained two-day assault.

2020 HURRICANE NAMES	
ARTHER	LAURA
BERTHA	MARCO
CRISTOBAL	NANA
DOLLY	OMAR
EDOUARD	PAULETTE
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At the time this paper went to press, it was unclear of all the events that were being cancelled.

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Financial Focus[®]

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Sticking to Budget Can Boost Your Emergency Fund

During the coronavirus pandemic, our health concerns – for ourselves and our loved ones – have been at the top of our minds. But financial worries have been there, too, both for people whose employment has been affected and for investors anxious about the volatile financial markets. And one aspect of every individual's total financial picture has become quite clear – the importance of an emergency fund.

Even in normal times, it's a good idea for you to keep three to six months' worth of living expenses in a liquid, low-risk account. Having an emergency fund available can help you cope with those large, unexpected costs, such as a major car repair or a costly medical bill.

Furthermore, if you have an adequate emergency fund, you won't have to dip into your long-term investments to pay for short-term needs. These investment vehicles, such as your IRA and 401(k), are designed for your retirement, so the more you can leave them intact, the more assets you're likely to have when you retire. And because they are intended for your retirement, they typically come with disincentives, including taxes and penalties, if you do tap into them early. (However, as part of the economic stimulus legislation known as the CARES Act, individuals can now take up to \$100,000 from their 401(k) plans and IRAs without paying the 10% penalty that typically applies to investors younger than 59½. If you take this type of withdrawal, you have up to three years to pay the taxes and, if you want, replace the funds, beyond the usual caps on annual contributions.

Of course, life is expensive, so it's not always easy to put away money in a

fund that you aren't going to use for your normal cash flow. That's why it's so important to establish a budget and stick to it. When developing such a budget, you may find ways to cut down on your spending, freeing up money that could be used to build your emergency fund.

There are different ways to establish a budget, but they all typically involve identifying your income and expenses and separating your needs and wants. You can find various online budgeting tools to help you get started, but, ultimately, it's up to you to make your budget work. Nonetheless, you may be pleasantly surprised at how painless it is to follow a budget. For example, if you've budgeted a certain amount for food each month, you'll need to avoid going to the grocery store several times a week, just to pick up "a few things" – because it doesn't really take that many visits for those few things to add up to hundreds of dollars. You'll be much better off limiting your trips to the grocery, making a list of the items you'll need and adhering to these lists. After doing this for a few months, see how much you've saved – it may be much more than you'd expect. Besides using these savings to strengthen your emergency fund, you could also deploy them toward longer-term investments designed to help you reach other objectives, such as retirement.

Saving money is always a good idea, and when you use your savings to build an emergency fund, you can help yourself prepare for the unexpected and make progress toward your long-term goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC



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What Is Flag Day?

By Jennie Cohen, History.com

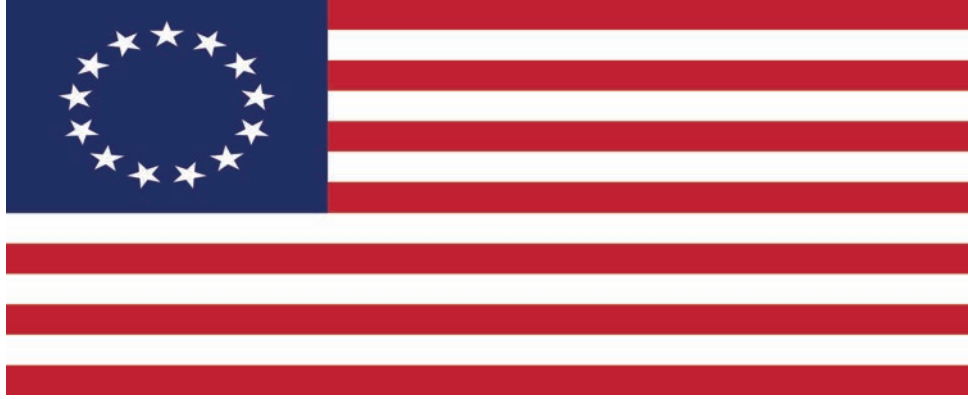
When the American Revolution broke out in 1775, the colonists weren't fighting united under a single flag. Instead, most regiments participating in the war for independence against the British fought under their own flags. In June of 1775, the Second Continental Congress met in Philadelphia to create the Continental Army—a unified colonial fighting force—with the hopes of more organized battle against its colonial oppressors. This led to the creation of what was, essentially, the first “American” flag, the Continental Colors.

For some, this flag, which was comprised of 13 red and white alternating stripes and a Union Jack in the corner, was too similar to that of the

British. George Washington soon realized that flying a flag that was even remotely close to the British flag was not a great confidence-builder for the revolutionary effort, so he turned his efforts towards creating a new symbol of freedom for the soon-to-be fledgling nation.

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation.”

In 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14th as Flag Day.



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Angels And Devils

By Mobolaji Adedoyin

An angel is generally a supernatural being found in various religions and mythologies. Many people believe angels act as intermediaries between God (or Heaven) and humanity. The word angel derives from the Greek *angelos*, meaning "messenger". It is used in the Bible to denote God's attendants. A devil is the personification of evil as it is conceived in many and various cultures and religious traditions. Everyone had been touched by an angel or screwed by a devil once in our lifetime. What we hope and pray for in life is to meet several angels more than devils.

An angel is someone who raises your spirits - someone you feel like you've known forever, even though you've just met. Someone that helped or solved your problem without hesitation or questions. Here are few very important qualities of angels: they do not keep tallies or scores of what they did to help you; they do not demand or request something from you before and after they assist you; they tend to forget what, when and how they assisted you in the past.

A devil is someone that knowingly or unknowingly tries to block your progress, success, achievements, wellness and happiness. A devilish person will try to dissuade you from doing the right thing that is very obvious. Most dangerous devils are those that do not know they are devils or their behaviors are devilish. A prosecutor that withholds crucial evidence that would exonerate a defendant is a devil. A police officer that planted a gun to incriminate someone is a devil. A loan officer that does not approve loan for someone just because of the applicant's color or origin is a devil. A grown man or woman that tries to seduce or force a minor or a child into sexual act is a devil.

Over the past five decades, I was very fortunate, I met more angels than

devils. I believe in destiny; therefore, I know those angels were meant to contribute to my success in America. I met my first angel, an African-American lady, Mrs. Hazel Seale, in Brooklyn in Spring 1972. I was an undergraduate student at Bernard M. Baruch College and I ran out of money to pay tuition for that semester. I met Mrs. Seale few months earlier while I was looking for a studio to rent in one of her Brownstones - she did not have vacant room for me. When I couldn't pay my tuition, I approached her. Without hesitation or questions, she gave me a loan for four hundred and fifty dollars (\$450.00) - full amount of my tuition. She said I could repay her whenever I had funds.

My second angel was Mr. Erlich, nice-looking Jewish man, working in Bursar's Office at Baruch College. As a foreign student, I was required to pay full tuition for a semester by midterm. It was 1973, Spring Semester, I paid half of my tuition but did not have funds to pay in full. A classmate that worked part-time in Bursar's Office advised me to approach Mr. Erlich for a deferment - a long shot. I did and without hesitation he gave me up to the end of semester to pay in full. I later met two foreign students, in the same situation I was in, that had to drop out of college for lack of funds.

My third angel in New York, Mr. Randolph Drakes, was a former classmate I lost contact with for twelve years after we both graduated from college. In late 1985, I returned to New York after about five years in Washington D.C. area, where I did all kinds of jobs to survive. I moved back to N.Y. to look for a job in Finance or Banking, my major in college. I ran into Mr. Drakes in the Subway - he was running late to work and was in a hurry. However, he gave me his telephone number as his train was approaching. I contacted him and he gave me information about a position at New York State Banking Department (NYSBD). Within three months I was hired as a Bank Examiner Trainee.

I met my fourth angel, George Schultz, in early 1993. He was a Senior

Continued on page 10

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pen to paper

Pen to Paper continued from page 9

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Examiner at the Federal Reserve Bank of New York (FED). I was still employed by NYSBD and we were conducting a joint Fiduciary Examination at former Chemical Bank. I informed him I was interested in joining the FED because they pay more than NYSBD. He did not ask me any question, he promised to recommend me to his Supervisor whenever they had an opening. He recommended me about five months later and within four months after an interview I was hired as a Fiduciary Bank Examiner with the FED. Unfortunately, Mr. Schultz passed away two weeks before April 14, 1994, my first day at the FED. I missed him very much.

Without any doubt, those were angels that had big positive impact in my life - they came into my life at critical times. Three of them had gone to rest, hopefully in heaven. I am sure they helped other people while they were here. May their souls rest in peace. I could write a book on other angels that touched my life.

As great-grand-parents and grand-parents we hope and pray that our children and their families meet more angels than devils in their lifetime.

Age Is Just A Number

By Lil Miller

I went to bed a little after 9, after my aide put on my essential oil cream on my seriously painful neck and arms. For once, I fell fast asleep. No pain. Don't know how I woke early morn, thinking Tracy's coming today. Looking at the distant black clock, the little hand near the seven, big hand on the twelve. How was it already? I slept in. I hurried. Something I should not have done in my condition. My feet hit the floor, put on my slippers, next my robe. I looked amazed of how to snap all 13 buttons with these crippled hands with joy on my 42nd birthday. I had to get dressed for Tracy. Washed my face, patted my head "not brushed" with my hard bristled brush so excitedly. The

comfort of living was coming my way. I was going to look immaculate for Tracy when she arrived. I walked into the kitchen flipping the light as I took a drink of my water.

I saw the time. It was 25 till 1:00 a.m.! I laughed all the way back to my bed, robe and all. Climbed in bed laughing hilariously all the way to my pillow. It's a wonder I didn't hop into bed with my fuzzy black slippers on. I felt a calm presence in my bedroom, angels and all. Was it my Jack visiting on our 42nd birthday? I had a great laugh with myself, and then fell sound asleep peacefully. Would anyone believe this? Do you believe in miracles? I think I just had one. Doctor, what did you put in the heart monitor machine by my bed? Sweet dreams? I love you.

Can't Teach An Old Car New Tricks

By Irv Kaplan

Two years ago, Bev and I went out to dinner with her close friends – Beverly and Milt Rocklin – and learned that the wife had been suffering from eye problems so severe that she would have to give up driving. Milt wanted to give her beige, 2001 Toyota Camry to their grandson. He, however, was driving a new Porsche, so Milt was looking for a buyer.

"What do you want for the car," I asked.

"I would take \$1,000," he answered.

Of course, I asked to see it. The next day I did. It had 63,000 miles on it. Whenever the weather was bad – rain or snow – it had never left the garage. I asked to take it to my mechanic, Bob, who told me to grab it because it wasn't even broken in yet. At this time, I was driving a Hyundai Sonata with 143,000 miles on it. I loved that car; it drove like new. Which car should I keep? Bob said he could sell the Camry for at least \$4,000 but advised me to

Continued on page 15

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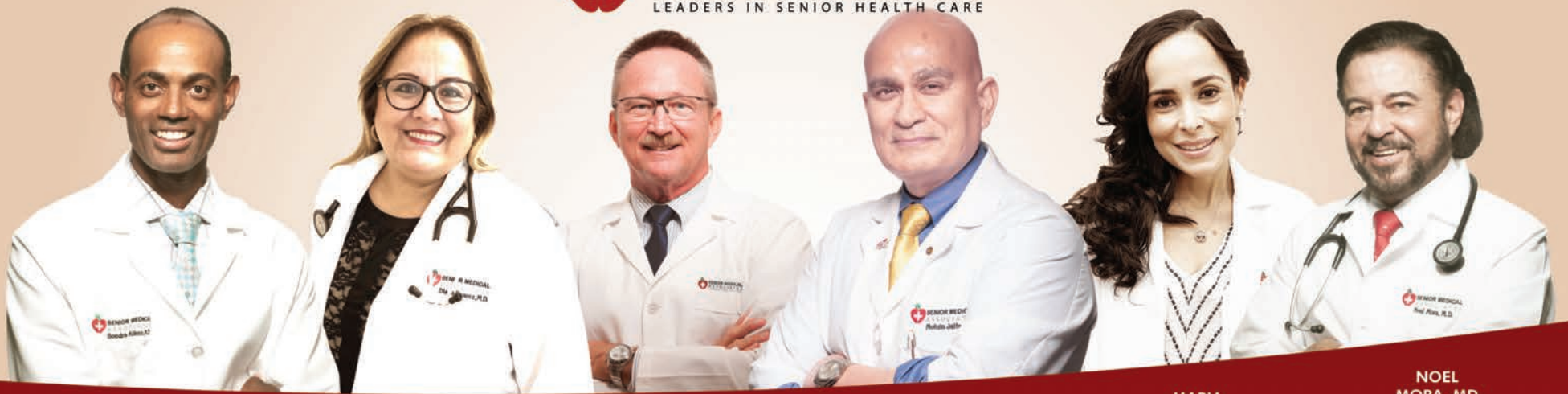
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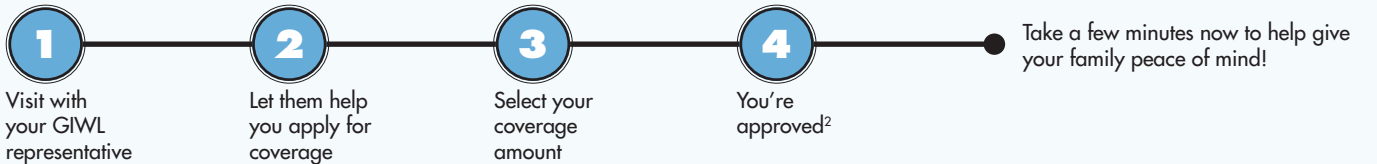
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pen to paper

Pen to Paper continued from page 10

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keep it because of the fewer miles. When I told my sons my decision, they replied, "Dad, you have been buying us cars all our lives. Let us buy this one for you!" That is what happened. They bought me this gift and I sold the Sonata for \$3,200. I came out smelling like a rose!

Of course, I made some improvements. I put on four new tires, a backup camera, a GPS and Bluetooth. On the highway I get 32 miles to the gallon and 24 in the city. And I sneer at Bev who only gets about 18-22 on the highway from her 2014 Buick. Now, I have 90,000 miles on the car, and all has gone well until two days ago. The car wouldn't start.

After trying to jump it with Bev's car, Pat's car, and the mechanic from my insurance company, I broke down, called the AAA, and had it towed away to a local garage. The mechanic there told me I had screwed up by reversing the jumper cables and blew out something in addition to causing problems with the alternator. He fixed it, I bought a new alternator and – with Pat giving me a lift -- picked the car up, drove it home and then – it wouldn't start! This time it died after I had reset the clock and the radio. First the radio went dead and after I turned off the car, it would not restart.

Once again, AAA sent out a tow truck, off it went, and we repeated the whole sequence. Problem: once again the battery was drained and so was the new alternator. The mechanic said that the cause was that I had attached too many new gadgets to an old car. I hope he was right. I have some doubts because nothing happened before this with all the gadgets attached. I have now detached some of them, and keeping fingers crossed, dread the possibility of having to put on mask and gloves to face another trip to the garage.

I have just added a specific car prayer to all the others about eventually getting home safely. Maybe the Jewish Prayer for healing (Mi Shebeirach) will work!

Explore a New Frontier – Your Mind

By Beverly Friend

I LOVE writing -- even when I am my only reader. It is something I can do any place any time and has been especially rewarding during the duration of this quarantine. I frequently write in my head while in the bathtub, in bed awaiting sleep, during TV commercials, even driving in the car. Later, I move the words to paper.

"What do you write about?" You may ask.

The answer is EVERYTHING. Everyone has at least one story – his or her own – and this story has a million offshoots, all stored in your memory.

For the past 15 plus years, Irv and I have been mining our memories nearly every week for Wynmoor's Writer's Group. I have enjoyed the familiar experience enormously, but for Irv it was something completely new. His sons are especially thrilled when we share our words, saying that they are now learning stories about their dad's past that they never knew before – like the time he almost set the shed on fire while feeding hay to his peddler dad's horse!

All three sons are keeping files of his stories – for posterity. They needn't, because every few years I gather them all up, go to Office Depot, xerox and bind them in volumes titled *Banished to Paradise* to distribute to the family. Two are complete and I am working on #3. So far, I only have the cover picture.

In addition, my daughter Tracy sent me a year-long writing project from Story Worth (<https://welcome.storyworth.com/>) where I answered a prompt every week and the result is a published hard-cover book for friends and family.

Continued on page 16

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pen to paper

Pen to Paper continued from page 15

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The are no limits to the prompts. If you don't like one, you can choose another from a list of 268 ideas, or even create your own. So, to start you off, here are the first 25 in their list:

1. What is the farthest you have ever traveled?
2. Did you have a job while you were in high school?
3. Did you write a thesis in college?
4. How did you decide to get married?
5. What are your favorite songs?
6. What is your go-to karaoke song?
7. When in your life did you have the least money? How did you manage with your budget?
8. What's one thing you wish you'd known before going to college?
9. What's a gift you always wished someone would give you?
10. What are some of your pet peeves?
11. Are you a regular at any of your local restaurants or cafes? What is that relationship like?
12. Did you date someone in college?
13. Did you work while you were in college?
14. What is your most embarrassing family picture?
15. Do you consider your childhood to have been a happy one?
16. Which fads did you embrace while growing up?
17. What is your secret?
18. Are you the same person you were as an adolescent, or very different?
19. What do you admire most about your mother?
20. Did you ever have a commercial you really liked?
21. When did you get your first car?
22. What were your grandparents like?

23. Have you ever doubted your faith?
 24. What was your parents' relationship like?
 25. What mistakes have you made? What would you have done differently?
- And the rest are just as provocative! Give it a try!

Ft. Lauderdale 50's

By Lil Miller

The year was 1950 when the family of John Miller – wife Lillian and two daughters came for a visit to a young growing town of Ft. Lauderdale. Two lane roads that soon became four lane highways. Wooden draw bridges became majestic cement to rise and let the many boats waiting in the intercoastal to pass on to other cities. The gateway intersection was built a cross road to north, south, east and west and the first movie theater to the joy of residents. Small alligators and land crabs covered the land as malls and homes started to build. Drifting sand beaches soon was cleared as the beach started to become the greater Ft. Lauderdale area. Parking meters were placed! Three wheel motors were used with our growing police department of then – having John as a new policeman of the 16-man police department riding a three wheeler on duty until the police department purchased two motorcycles. John being one of those to police traffic on a busy beach. Our “Hall Of Fame” City Pool became a very special attraction showing Johnny Wise Miller – Tarzan of movie, practicing swimming every morning. Lil's Beachwear Shop was across the street was a front row seat for all that handsome hunk of man to practice. In the later year Connie Francis, the movie star, came to Ft. Lauderdale beach to film the movie *Where the Boys Are*.



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In Honor of Memorial Day May 25, 2002 The Gold Star Mother

By Herby Teicher

It was Saturday night. My mother invited me to join her to visit Mr. and Mrs. Rosenman. We walked on that chilly autumn evening past the deserted neighborhood playground. The Rosenmans lived in an apartment above Finkel's Drugstore. As I looked up, although of a tender age, I knew the sorrow that was symbolized by the starkness of a small banner hanging in their window that hosted a solitary gold star. I felt lucky that we displayed a banner that featured three blue stars, but that could have changed with the arrival of an unwelcome telegram. The Rosenmans were not so lucky.

We ascended the long staircase to their apartment. My mother knocked and Mr. Rosenman greeted us. He tousled my hair and I still can recall his warm smile.

This gesture made me feel welcome and wanted in their humble home. Mrs. Rosenman, seated in her armchair crocheting, looked up at me and also flashed a smile and offered a compliment to my mother about how handsome a young man I was.

Their daughter, Bertha, a pretty young woman was readying herself to go out for the evening, but she stopped a few minutes to chat with me. I was captivated by her simple beauty; her long dark hair, the scent of her perfume and her air of sophistication. I had heard that she was a social worker for the city and this made her seem all the more alluring and interesting to me. Although prepubescent, I felt a slight awakening of erotic feeling in her presence. My lifelong attraction to dark haired women might have been started from gazing at that lovely face and the sweet aroma of that young woman.

Mrs. Rosenman asked me if I would like to eat a pickled pepper. Since I

loved anything pickled, I enthusiastically accepted her offer and proceeded to savor that delicacy. I had never eaten one before. I asked my mother if she could make that delightfully tasty dish for me. Mrs. Rosenman proceeded to dictate the recipe, step by step to her. Whenever I see pickled peppers, my thoughts go back to that Saturday night of sixty-five years ago. It is strange how some simple, mundane experiences are deeply etched into one's psyche, shades of Proust's Madeline!

The attention drifted away from me. As I amused myself in the apartment, adult conversations began. Not fully understanding the spoken Yiddish, I could sense that a deep sadness began to permeate the living room. I sensed that the conversation was all about Seymour. He and my brother were lifelong friends. They had both volunteered to join the army after they graduated from high school, both barely eighteen years old. By the time they finished their hasty basic training, in a matter of a few weeks they were on a troop ship on their way to the battlefields of Europe.

Life is strange. Millions of men fought in the war. One would tend to believe with so many men in so many battles that the details of their exploits would never be known. Not so. There was almost always a comrade that was a witness. Families would soon learn all the details of the death of their sons.

After D-Day, June 6, 1944, thousands of Allied soldiers moved eastward across France towards Germany. Private Seymour Rosenman was a young, unseasoned replacement assigned to a platoon. They were travelling rapidly across the French countryside. Suddenly, an explosion from a powerful land mine tossed the vehicle over and ended the short life of a beloved young man.

The Rosenmans were never the same. Mrs. Rosenman never left her home again. According to those who knew her, she could never accept the fact that Seymour was (gone). For the rest of her life she made sure that she would be home when he returned.

Continued on page 21

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Ex. Aug. 10th for Sept. issue.

If the 10th falls out on a weekend, we will check the box on Monday.

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Strike A Pose

By Shelli Gold

Thanks to a very dedicated group of volunteers from the Palm-Aire and Wynmoor Communities, the *Strike A Pose* Event, to benefit the children of JAFCO, became a reality on January 30, 2020. The Fashion Show and Luncheon were well attended by 115 guests who enjoyed a boutique and Chinese Auction in the beautiful atrium of the Sheraton Suites Ft. Lauderdale before entering the ballroom.

In keeping with the fashion theme, luncheon tables featured handmade shoe centerpieces created by Marilyn Singer, a JAFCO Godparent and longtime chapter member from Century Village. A portion of the centerpiece sales were donated to help support the precious children.

Co-chairs Tamara Axelman and Andi Shiroff welcomed guests and thanked their committee members before a heartwarming program that included a JAFCO video and update. Guests learned that this was the busiest single year in JAFCO history since they opened 27 years ago. The children who received services in 2019 totaled 3,680 compared to 1,341 children in 2018.

The number of children served includes the opening last year of Eagles Haven, a wellness center to help the Parkland/Coral Springs community heal from the tragic school shooting that occurred there two years ago. Since April 1st, over 2000 children, parents and teachers have already visited the site and 776 are actively engaged in services. The children who live in foster care at the JAFCO Village continue to thrive, experience a typical childhood and ultimately attend college. The Children's Ability Center is busting at the seams serving over 2,000 children, and families raising children, with developmental disabilities like autism. The Philadelphia office has literally tripled in size with over 100 clients who receive family strengthening services. Guests felt connected to JAFCO'S mission of giving *every child* a place to belong that continues to truly save lives.

To conclude the event, the fabulous fashion show followed with volunteer models dressed and accessorized in a variety of outfits provided by Marina Siegle of Stein Mart in Pompano Beach. Marina narrated the upbeat fashion show that she generously donated her time to produce. This entertainment was very well-received, and guests were quite impressed with the exquisite ensembles.

The combined efforts of this compassionate group generated \$7,000 to help support the children of JAFCO. For additional information about JAFCO or how you can get involved at Wynmoor, please contact Tamara Axelman at 215-687-7147 or tdyax@aol.com.



WOODSHOP

The shop is placing an order to Penn State Enterprise so if you need merchandise you are welcome to combine your purchases to gain price and shipping discounts. See Ernie for details. The Shop Fox lathe in the far right corner of the power room is being replaced and a new one is on order. The shop's lumber supply has been replenished along with a selection of rare exotic types such as mango, zebra, bubinga, teak and padauk. Items that were left at the shop for repair are now fixed and ready to be picked up. There will be one more 3 evening Cutting Board Class offered during the summer season. Details are available at the shop or call Ernie at 954-531-7778.

Shop achievements this month begin with Shop President Karl Georgi who has turned two 8" round mahogany bowls and two 14" bottlebrush wood bowls, all finished with 20 coats of Danish oil and high-gloss polyurethane. The wood for the bowls was salvaged from fallen trees on Wynmoor property. The unique tissue box cover in the background is fashioned from rare African zebra wood finished with Danish oil with an application of a high luster hand-rubbed finish. Karl then presents a pair of 2 colored salt and pepper grinders

accompanied by a matching salt shaker/pepper grinder combination all turned from curly maple and padauk hardwoods. (photo top left)

Melvyn Reingold carved a wooden figure of a man-at-rest sitting on a brown satin finished oak pedestal. (photo bottom left) Paul Hannigan offers a display of nautical wood carvings of a mother dolphin dancing with her 2 babies, all under the watchful eye of a ship captain and a sailboat in the background. In the foreground are a walnut sapwood and a spaulded maple carved burl. (photo center)

John Chessa, Glyn Pritchett and Yank combined efforts to produce 5 turned bowls; an ambrosia and a Burmese teak wood bowl both with turquoise trim, a deep Spanish cedar sapwood bowl with cover, a 10" Hawaiian mango dish and walnut part sapwood candy dish. (photo top right)

The shop in house photographer, Howard Lepolstat presents three lathe turned maple and padauk wood vessels. At first glance they appear to be full size antique museum pieces, but the scale in the background reveals the true size, no more than 4.5" tall. (photo bottom right)

Photos by Howard Lepolstat.



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WYNMOOR Golf and Tips

By Kevin Battersby, PGA

Back to Golf - Your Grip



As we come back to playing golf make sure your grip is the first item you review. For many years the lead hand grip was described as placing the club “diagonally across your hand.” More recent instruction describes lead hand grip as “gripped like your grabbing a briefcase.” In the attached photo you can see the grip is more in the fingers to promote speed and flexibility.

The trail hand fits firmly against the lead hand also in the fingers. Next month’s article will feature the trail hand to form your grip with keys in how to lower the flight on your shots and promote more of a draw for more distance.

Finally, grip pressure is recommended to be firmer in lead hand. Especially, last three fingers more firm than trail hand pressure.

Come on out to the complimentary clinics and get more detailed and personal attention on your grip.

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OPERATION AMERICA STRONG



The U.S. Navy Blue Angels buzzed through our skies on Friday, May 8th, to honor healthcare heroes on the front lines of the coronavirus pandemic.

Six F/A-18 Hornet aircraft flew from Boca Raton at 1:00 p.m., traveled south over Fort Lauderdale and Hollywood and then continued over Miami and down to Homestead. They then turned north over the western part of

South Florida, flying over numerous hospitals throughout the 25-minute demonstration.

The flyover by the Navy Flight Demonstration Squadron was part of “Operation America Strong,” a national tour intended to “honor and show support for those on the frontlines of the COVID-19 pandemic, and salute healthcare and essential workers.”

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pen to paper

Pen to Paper continued from page 17

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A few years later, Mrs. Rosenman died, probably from a broken heart. All of the memories were too powerful for Mr. Rosenman and Bertha to bear. They moved a few blocks away to Sam Klein's apartment house with the hope that the sorrow would abate. Harry Rosenman died a few years after his wife. Bertha never married, continued to live alone in the apartment and died an early death. There were no other family members.

In her denial that Seymour was gone, Mrs. Rosenman refused to offer to have his remains reinterred in the states. He rests in a military cemetery somewhere in France. His friends of long ago always speak well of a kind, handsome young man who never had the chance to partake of the wonders of life.

Who's In Control

By Lawrence E. Correia

In the summer of 1991, I decided that my family needed a break from our vacation routine of traveling and visiting family in New England. So this time we planned a trip to the west of this great country with a stay at Lake Tahoe, Nevada. Needless to say we took in the beauty of the western mountains, took a paddle wheeled boat ride on the lake and took in the local history of the lake. We drove an hour away to Reno to see Paul Anka perform his magic at the playhouse, and continued to drive around the lake on both Nevada and California side and visited the village of Stateline which half is in each state.

The most interesting part of the trip was learning of a Hollywood set established specifically for the TV program Bonanza. So there we went to the Ponderosa and in our mind we visualize Ben Cartwright and his sons Adam, Hoss and Little Joe. In the ranch house we saw Ben's desk, their dining table and all the TV scenes we could recall. It was here we learned that a short distance away was a real horse ranch where we could experience a trail ride in the mountains.

After our presentation at the Ponderosa, we headed for the horse ranch. It was here that the most memorable part of our vacation took place. When we arrived at the ranch, my wife didn't feel well, but she insisted that my son Larry and I should ride. So with my wife's blessing, my eight-year-old son Larry and I joined a group of 15 other interested tourists for the trail ride. We were formed into a single line with my son in the middle with professional trail riders one in the lead to show the way and one in the end to aid any stragglers. For 45 minutes we rode along some very beautiful and precarious trails around the side of the mountain in complete safety and enjoyment. Only minutes away from the end of the ride the unthinkable happened, the horse my son was riding decided to make a turn to the right heading toward a cliff with a 30 foot drop at the end.

People were calling for help and yelling for the horse to stop. The trail riders both fore and aft sped their horses to intercept my son as I tried to turn my own horse to reach Larry. Someone in heaven must be looking out for him because at that moment the look on Larry's face was one of absolute determination. He pulled on the reins and threw gritted teeth he yelled, "Come on horse turn around I'm in command." As the animal slowly turned the trail riders slowed their advance so as not to spook my son's horse. In what in my mind seemed an eternity the horse finally made it back in line. Both trail riders congratulated Larry for a job well done. One of them asked if Larry was scared and he said, "Yes but someone had to show him who was boss." The trail rider replied, "For a city boy you're wiser than many country boys your age."

At that moment you see the smile on my sons face that spread from ear to ear. Over on the right I saw my wife looking at me and smiling. I asked her why she was smiling at me and she replied, "The look on your face showing the degree of pride you have for our son is absolutely beautiful."

To be honest this has to be one of my favorite and most memorable vacations, for the father to see his 8-year-old son showing courage and maturity at such a young age.

New Challenges For An Old Snowbird

By Beverly Friend

One evening in the early years of my marriage when we were still smokers, Jim and I cozily sat on our new living room couch in our very first condo, puffing away while looking out the window and chatting. I recall that I asked Jim if it made a difference to him if I washed the kitchen floor or if I went back to work and paid someone else to accomplish the task.

I vividly remember his answer. "Oh, I prefer that you wash it because then it would be an act of love. For someone else, it would just be for the money." "I have something to tell you," I answered. "I will never wash the kitchen floor."

Now, the Gods are laughing as I sit here stranded in Florida, afraid to venture out of doors, let alone through an airport to return North.

The years of married life in Illinois when a series of cleaning women – Christine, Luda, Sophia, and others -- arrived weekly, and the 16 years of winters in Florida when a couple – Leo and Della - arrived every two weeks, are now things of the past. We distance ourselves from everyone and Irv is now the only person to enter my home. I pray there will be no need for any repairmen.

Look around. Everything is everywhere, clothes draped across chairs, papers piled on tables, paintings stacked in every room. When I had help, the

Continued on page 22



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Clubs and Activities

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Please contact Milt Brent, Adjutant, at 516-606-2388 if you're interested or need information about our Post and its activities.

Billiard & Pool Club

By Bob Horowitz

Wynmoor residents can join the Wynmoor Billiards & Pool Club to participate in additional fun events. Past events included; Karaoke night, comedy club night, group BBQ & Dance, Club Pool & Billiard tournaments, and other social events.

Wynmoor Pool and Billiard Club activities are open only to Club members and their guests*. Any resident can join for \$5 per year.

For more information about the Pool & Billiard Club, to join our e-mail list or to sign up for an event or meeting; Email WynmoorPoolClub@gmail.com, or come into the room and look for event sign-up sheets. You can also join our Facebook page "Wynmoor Poolclub."

To join the club; come to a meeting or put your information, and dues, in an envelope which you can place in the locked mailbox located in the Poolroom. Cost to join the club is \$5 per year.

Wednesday Night Pool Tournaments: Join us every Wednesday night at 6:00 p.m. This Tournament is handicapped for all skill levels. All Pool & Billiard Club members and their guests* are welcome! Enjoy AC comfort while having fun and meeting new friends!

Pool Lessons: put your information, name & phone number, in the locked mailbox located in the Poolroom or email us, at: Wynmoorpoolclub@gmail.com, to schedule lessons. Lessons are Free for Wynmoor Pool & Billiard Club Members only.

Wynmoor Pool & Billiard Room: All residents and their guests* are welcome to play at the Wynmoor Billiards & Pool Room located in the Wynmoor Country Club building, next to the Library. Boasting 14 tournament grade regulation size pool tables, 4 heated billiard tables and one regulation snooker table.

This club has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida. Players of all skill levels are welcome. The room is open 7 days a week from 8:00 a.m. to 12:00 Midnight.

Women's Pool Team: The MzCues. Explore a new activity, make new friends and have fun in our AC Poolroom. This is for beginners and advanced players. Join us Tuesday's from 3:00 - 5:00 p.m. All Pool & Billiard Club Members and their guests* are welcome!

* All Events are Free only for Wynmoor Pool & Billiard Club Members and their guests. Guests must register and pay a guest fee. Non-members can join at any event for \$5 per year.

Bridge

By Phillip Cummins

For help finding a partner for future games, contact Ruth Berry at 954-970-3456.

Camera Club

By Nancy Landman

Feeling isolated? The Camera Club of Wynmoor is looking into ways for us to remain connected without risk of illness. For the latest developments watch this space!

Membership is open to all Wynmoor residents with an interest in photography, regardless of their skill level or type of camera. The club offers instructional programming, entertaining multimedia presentations, informal critiques, field trips, and small group mentoring.

There is also a club member's newsletter, "The Focus," that displays club member's photos, club activities and informative articles.

We encourage people with beginner skills thru advanced skills to enjoy and share the benefits of a photography club, and to gain experience and knowledge to help each other grow in order to achieve and promote photography's excellence and fun.

Yearly membership is \$10 per person, \$15 for married couples.

For more information, call Nancy Landman at 954-979-9894.

Chess Club

By Hillel Cohen

Did you play chess years ago? Do you play chess on a computer from time to time? Why not get back to the game with real, live, friendly players. For more information call Hillel Cohen at 917-548-5120.

Computer Club

By Beverly Friend

As with any summer, the Computer Club has ceased operation and will resume in the Fall. However, this summer there is a big difference. As we all hunker down in our lovely Wynmoor condos, you may miss what the club offers. Actually, we are always as near as your computer.

At our website --www.wyncomputerclub.com-- you can visit or revisit many pertinent articles, often based on recent presentations from this year, and learn many new things. You can reach our officers and, if you have any problems, you can contact Board Member Pat O'Brien at 2makeitwork@gmail.com for advice. Hoping we will be able to resume normal lives and see you in November.

Conservative Club

By Jack Mendelson

This is how there came to be a Conservative Club in Wynmoor.

Many years ago, at a Wynmoor Council meeting, Gert Weinberg (a democrat) said to Sid Feldman and Jack Mendelson that there are no Republicans in Wynmoor. We decided to prove her wrong and organized The Wynmoor Republican Club. The club, under Sid, our first president, grew to several hundred members. We had great success helping Al Lamberti, a Republican, carry Wynmoor in the Broward County Sheriffs Election. The club helped Republican candidates for all offices get more votes from Wynmoor residents.

When Jack was President, the club changed its name to the Conservative Club of Wynmoor, because being affiliated with a political party limited our right to have speakers other than Republicans. It is helpful to hear both sides of issues.

The club continues on with Perri Cohen as our President. Our programs are interesting, many times presenting diverse views and stimulating good questions.

All are welcome to our meetings. Questions are encouraged. Refreshments are served, and we always have a 50/50 raffle.

We meet in ballroom A (Clubhouse) at 7:30 p.m. the third Tuesday of the month once meetings begin again.

Current Events

By Susan Myers

Please join us weekly as we discuss current topics that are important to all of our members and friends. Topics include politics, events within Wynmoor Community and around the world. For any questions please contact Susan Myers 954-933-7743.

Monday Night Dance & Social Club

By Tamara Tresniowski

I hope this finds you all healthy. We are all missing the dance and socialization. Hopefully by summer we will be able to be back at the Ballroom Dancing. June through September will be free dancing for members and \$1 for guests. Dancing will be from 7:00 - 9:30 p.m. We will keep you posted each month until then... Stay healthy, practice your dancing... Learn some new dances you can teach (youtube.com has great line dances). Can't wait until we can all be back together again.

Democratic Club

By Stan Grossman

The Democratic Club of Wynmoor meets on the first Tuesday of the month in the Clubhouse Ballroom at 2:00 p.m. We have very interesting speakers, discussions and sometimes, debates.

Documentary and Discussion Club

For more information please contact Betsy Kalau at 954-701-0231. The Matinee Encore for our very successful 2nd Annual Wynmoor Short Film has been postponed.

Clubs and Activities

Continued from page 27

Fun With Friends

By Lou Kravitz

At the end of 2011, six people got together and thought Wynmoor could use a dance club. I was one of those people, although I was not a social dancer. The club got up and running in 2012 and there was real excitement around Fun With Friends. We had between 125 and 185 people come once a month to dance to a live band, or just listen to the music. We wanted live bands, not DJ's. At the start of 2014 the President of our club retired, and even though I was in the Army, I volunteered to become President. That is right, the non-dancer was becoming a social dancer. You can become one too, because we give free dance lessons before every dance. On November 29th we hope to have our first Dance of the new season. We would love to see new people join and bring their friends. It is \$10 to join and \$10 a dance. The earlier you get your money in, the better chance you have to sit with your friends. Roni Senzon, a new Board Member, will collect the money. Obviously not now but come November...

Follow the rules, stay healthy, have a great summer. Looking forward to seeing you November 29th.

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Health & Wellness Club

By Hope Myers

The Wynmoor club that's dedicated to providing you with essential information about healthy aging regrets that we had to discontinue our meetings. We hope that we will be able to resume in October. The scheduled meeting time for the Health & Wellness Club is the third Tuesday of the month at 2:30 p.m. in the West Wing 2. The speakers that were scheduled for March and April will talk in the fall. If you are interested in learning information that can impact your health, you will want to attend our meetings. We look forward to seeing all our existing members and gaining many new ones as word about what our club has to offer circulates within the Wynmoor community. Stay well all of you. For more info contact Hope Myers, President 954-971-9538.

.....

Karaoke & Entertainment Night

By Robin Thompson

Robin & Bob hope you are all staying safe and we look forward to seeing you all back soon! We would like to thank Wynmoor for all they are doing and have done to try to keep us safe.

While we are taking a break, you can get ready for the next karaoke night by searching the songs available in the catalog that is online. You can either search karaoke catalog, and it will be the first item that comes up and says online karaoke with 29,000 songs, or go to the website <https://www.karafun.com/karaoke-song-list.html>. As always, remember, please select only songs that are under 4 minutes.

Please refer to channel 98 in June/July for an actual date when we can return. See you soon!

.....

Ladies Circle Club of Wynmoor

By Harriet Lopez

We are just "Ladies-in-Waiting" until we are released from this tedium. Mayhap when the Autumn of the year returns, we will once again join into a rich variety of activities and events to pique the interest of the most discerning amongst us.

Enquiries may be directed to Harriet Lopez, 954-960-5411.

.....

Latin Women's Club

By Minerva Nazario

For more information about the club please contact Ms. Minerva Nazario at 954-532-3156.

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Nature and Arts Club

By Elinor Weinstein

We had an extraordinary year! Our club enjoyed many trips to exciting places such as Wakodahatchee Wetlands, Weiner Museum of Decorative Arts, Butterfly World, Mounts Botanical Gardens, The Bonnet House and Gardens and much more. We hope you will come and join us for our next season which will include many more trips. We look forward to hearing from you. For more information, contact Nancy Moskowitz, President at laughlady55@aol.com or 954-973-2181.

.....

Needlework Click

By Barbara Bilello

If you are new to Wynmoor and want to make new friends come and check us out. We are a friendly group of ladies always looking to make new friends. You don't have to know how to knit or crochet.

If you have yarn that you know longer need we will gladly pick it up. Call Barbara 754-222-6375. Hope to see you all there!

.....

Pennsylvania Club

By Marilyn Stolloff

For more information call Gloria Gottlieb at 954-956-9701.

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Pickleball Club

By Mayda Coombs

As I write this, everything is still closed. When the shelter in place order is relaxed the courts will be bustling again. We are anxiously awaiting to play again.

I'm sure everyone is tired of being confined and wanting to get outside for some fun. When activities resume, be sure to come to the Pickleball courts. It's a fun game, great exercise and easy to learn. Our members are very friendly and will answer any questions you might have. The Newbie Class will eventually resume on Sunday mornings. Check out the bulletin boards in the pavilion at the Racquet Center for more information. If you are interested in joining, our dues are \$10 per person for the year.

.....

Supper Club

By Lynne List

There are still a number of people who have not received their rebate for the canceled March 19th and 20th Supper Club Dinner Theater show "MidLife--The Crisis Musical." But it's not too late to get your money back. Call Lynne at 954-973-1223 or e-mail her at LLIST@juno.com. Please include your name, phone number, mailing address and e-mail address. A check will be mailed to you. Plans for next year have not yet been formulated. Just as soon as there is something definite you will be notified. Watch for news in the Insider and News and Views. Have a Happy Father's Day.

.....

Woodshop

By Ernest Fleury

The next Woodshop meeting is tentatively scheduled for Friday, June 5th in Ballroom C, 8:30 a.m. coffee, 9:00 a.m. meeting. The date is subject to change so watch for emails and Wynmoor updates.

.....

Writer's Workshop

By Nancy Heller Moskowitz

Hot off the presses! News Flash!

On April 26th the Writer's Workshop officially met on Zoom. 12 of our members, 8 from Florida, 2 from Toronto, 1 from Texas, and 1 from Massachusetts "zoomed" from 10:00 a.m. - Noon. We shared our stories and poetry with commentary as usual. We'll keep doing this until we can meet once again in our room, Cardroom 1 in the Clubhouse, at our usual time. Keep writing everyone.

.....

Wynmoor Golf Association

By Rich D'Alessandris

Hello everyone! Hopefully you all are healthy and well. The WGA wants to thank all those who have obeyed the mandated stay at home restrictions and are helping stop this virus from spreading. With that being said, the golf course has reopened and the ground crew has been working continuously to keep the course in great shape. We thank them for their effort.

As a continuing precaution, there will be no league play, men or women, till further notice. When that restriction is reversed, signs will be put up in the Pro Shop. Until then book tee-times using our Chelsea app.

We want to thank everyone involved in the effort to social distance, wearing masks in designated areas and following posted rules for play. It's for the safety of everyone that we try to protect each other.

In closing, things will get better and we can return to the normalcy that we enjoy throughout Wynmoor, but let's heed the advice of the health care experts and create an environment that benefits all.

.....



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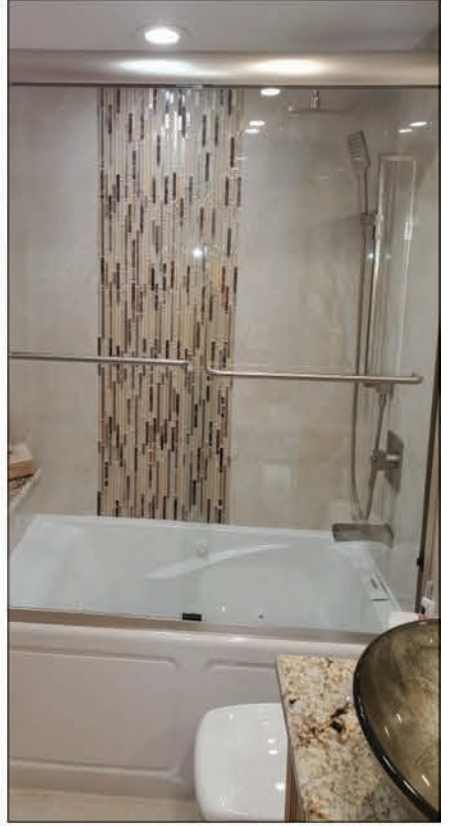


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Clubs and Activities

Continued from page 28

Wynmoor Hurricane Emergency Net

By Gerry Stoloff

The WHEN Kick-off meeting is scheduled for Mon., June 22nd at 9:00 a.m. As usual, it will be held in Grand Ballroom C. Wynmoor is again providing the breakfast! Following that meeting, you'll be able to claim radios for next season's on-air check-ins. Remember, this is the ONLY in-person group training meeting; after that, all contact will be over the radios. To any newcomers, welcome. The purpose of this group is to provide emergency communications to Security, Police or Fire Rescue after a hurricane comes through and power is out for an extended period. Consider this: After 24 hours without A/C power, all your phones (Comcast, AT&T Fiber Optic, or cellphone) will have run out of power. If your elevator is kaput and you can't call anyone, WHEN volunteers are your last point of emergency contact! You don't need prior experience: Wynmoor loans you a CB radio and antenna for your car, and we'll teach you proper communications practices & net discipline. Last year, over 20 people joined for the first time, so you'll be in good company.

.....

Wynmoor Ladies Golf Association

By Karen Beckman

In keeping with *the Wynmoor way*, our Ladies Golf Association in partnership with the Wynmoor Country Club and the Wynmoor Golf Association are observing all recommended precautions during this troubling time. The universal disappointment in our lack of normal comradery is balanced with what we all know is critically important to our communities and the duty of a responsible citizen. Fortunately, golf is basically an individual sport and physical distancing is very achievable. With added precautions and member cooperation we can continue to enjoy this unique outdoor activity. Stay safe, stay healthy. Our very best wishes to all the citizens of Wynmoor, Florida, the USA and the World.

.....

Wynmoor Short Film Festival

By Enid Wolf-Schein

Ticket holders for our cancelled March 27th and April 5th Festival shows, hold on to your tickets! The 2020 Wynmoor Short Film Festival WILL be shown! As soon as we get the word, we will set new dates and your tickets will be honored. If you cannot make it on the new dates, we will provide refunds on request or exchange your 2020 Festival tickets for the upcoming 2021 Festival.

It is not too soon to acknowledge some of the many individuals and groups who got us to where we are. The Recreation Staff, Kia Williams, Lynne O'Donnell, George Garcia and Moriah Jordan have helped in many ways. Charles Lindquist and the Live, Love, Laugh Moor Club cheerfully gave us use of their Friday time-slot. Tamara Tresniowski has put in many hours getting movie music together for the Post-Screening Receptions. Betsy Kalau, President of the Documentary and Discussion Club graciously provided us an umbrella under which to do our planning. You will see many more names in our future articles and in the programs when you arrive.

.....

Wynmoor Video and Film Club

If you have a video you captured on your iPad, cell phone or camcorder, we can help you edit it by adding music, narration, special effects, exposure correction and eliminating unwanted scenes by using our sophisticated Pinnacle 20 editing system on our computer. Join our club for only a \$10 fee. For more information contact Phil Guterman at 954-984-8871.

JOIN A CLUB

There is Something For Everyone

FREE POOL/BILLIARD LESSONS

By Bob Horowitz

Ralph Rubin, Wynmoor Pool & Billiard Club Tournament Director is available for lessons from beginners to the advanced.

To sign up for FREE lessons put your information (Name & Phone Number) in an envelope which you can place in the locked mailbox located in the Poolroom or e-mail us at Wynmoor-poolclub@gmail.com

There is no cost for lessons for all Pool & Billiard Club Members. Membership is \$5/year.



Property Appraiser's Update

Even though our office remains closed to the public, we are continuing to assist residents and property owners quickly and efficiently as all communication with our office can be handled via email, fax, phone or by USPS mail. Property owners can apply for any 2020 exemption online at <https://web.bcpa.net>. Residents may also email any supporting documentation directly to our Customer Service Department at CSEmgmt@bcpa.net or fax to 954-357-6188. If you prefer to mail your exemption documents, our mailing address is Broward County Property Appraiser, Attn: Customer Service, 115 S Andrews Avenue, Room # 111, Fort Lauderdale, FL 33301.

You may also call our office at 954-357-5579 and we can help fill out your exemption application with you on the phone and then mail the application to you with a self-addressed return envelope for you to complete and sign the application and mail it back to us for processing.

Once it is safe to do so, our office will return to our regular schedule of visiting communities to assist with filing for exemptions and answering any questions residents may have. In the meantime, we are always here to help.

Please do not hesitate to contact our office directly at 954-357-6830 or email me at martykiar@bcpa.net.

Coronavirus Advice for Consumers

During these times, it is important to be aware of false COVID-19 offers and solicitations requesting personal information. The federal agency responsible for protecting consumers, Federal Trade Commission, has provided some helpful reminders on their website at <https://www.ftc.gov/coronavirus/scams-consumer-advice>

Please be aware of emails claiming to be from the CDC or WHO. For the latest information, visit [coronavirus.gov](https://www.cdc.gov/coronavirus) or [usa.gov/coronavirus](https://www.usa.gov/coronavirus) and do not click on links from sources you do not know.

Here are some additional links that may be helpful to you:

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov>

World Health Organization: <https://www.who.int/>

Broward County Updates

Please visit their website at <https://www.broward.org/CoronaVirus/>



From The Other Side Of The Couch

By Merri Goldberg

COVID-19 continued, continued?

The title of this article says it all. I am again writing this a month before it will be published, but similar to last month I am skeptical very much will change, but I remain hopeful. This is a continuation of last month (the first continued), and the pandemic (the second continued.)

Perhaps what is most different is that we don't know for how long or in what form the health, political and economic state of the world as we have known it will be the same. From the health prospectus we are having a close up look, both in person and in the media, of the experience of death and near death. There is little known about the virus, no vaccines and we know that it is easily spread. We are vulnerable. We wonder about the next pandemic. Doctors are overloaded and it may be difficult to speak to them or to get nonessential tests. Politically, stability and the difficulty managing the crisis, and information from leaders that is contradictory is even more confusing. This is heightened by the fact that this is an election year. Economically both in terms of business and back to work there are enormous problems and considerations. As seniors, our savings may be at a frightening place and we just have to wait. Leaders in health, politics and economics around the world search for answers.

From the other side of the couch, this has never happened in the same way before. The brain seeks predictable activity in part to relax our vigilante nervous system. We seek ritual, routine, plans, schedules, and a sense of the known. None of that is possible now. Leaders in health, politics and economics around the world struggle for answers and as yet there are

none. At times, the information from leaders is contradictory and thus even more confusing. On your own it is important to put in place some small routines like get up, shower and make breakfast at the same time every day. Call two friends each day or more. Talk about what you are experiencing. You are not crazy, but the times are. Plan something nice for the future and talk about it. Create new routines. Lately I have been feeling more lethargic as this goes on. There is nothing I have to do or places I have to be for the first time in my life. Routines and maintaining social phone contacts have helped even when I don't feel like it.

Again, there is little we can do right now but wait and know that what some of us are feeling is confusing and frightening but normal and shared by millions of others. Fear and worry about your health and others are normal. Emotionally, try to get outside each day to walk a little for exercise, air and stress relief. Remember social distancing. Eat and sleep well. Respect your feelings - fear, anger, depression, frustration and sadness and the move between these feelings. They will lift. Secondary traumatic stress includes fatigue, feeling ill, withdrawal and guilt. Respect these feelings too and if you are tired take a nap. Enjoy the fact that perhaps for the first time you don't have to do anything. You can watch TV, read, eat, sleep, walk or talk on the phone as long as you want. Check last month's column for things you can do in the interim to feel more grounded.

Remember kindness to others. Stay strong. Stay connected by phone. Stay informed. Hopefully we will all emerge from this pandemic healthier, more aware, stronger, and more united as a nation and as a world.



Kevin Rader

State Senator, District 29

Dear Friends,

I hope that you are safe and well.

Summer is almost upon us, and with it, Hurricane Season. These have been challenging times due to the COVID-19 pandemic, yet we must still begin preparing just in case a storm forms. There are three components to ensure that your household is hurricane ready: *making a plan, building a kit, and staying*

informed. This plan should address safeguarding your home, evacuation to a safer location or shelter, and deciding a meeting place in case you cannot return home. The hurricane kit should include items such as water, nonperishable food, cooking tools, fuel, batteries, flashlights, first aid kits, prescription medications, a radio, cash, essential phone numbers, and documents. Lastly, it is vital to stay informed to ensure you do not miss any critical announcements, such as evacuation orders. Below are COVID-19 and Hurricane Season related resources that I believe may prove helpful.

RESOURCES:

COVID-19 24/7 CALL CENTER

1-866-779-6121

COVID-19@flhealth.gov

FloridaHealthCOVID19.gov

ELDER AFFAIRS HELPLINE

(Senior Doorstep Meal Delivery program available)

1-800-96-ELDER (1-800-963-5337)

FLORIDA'S 2-1-1 HELPLINE

211

FOOD BANKS

1-855-FLA-FOOD (1-855-352-3663)

www.FeedingFlorida.org

INSURANCE CONSUMER HELPLINE

1-877-413-3089, TTY 711

(Available Weekdays 8:00am- 5:00pm)

AMERICAN RED CROSS

(866) GET-INFO (438-4636)

PRICE GOUGING OR SCAM ALERT

1-866-9-NO-SCAM (866-966-7226)

MyFloridaLegal.com

VETERAN BENEFITS

1-800-827-1000

(Available Weekdays 8:00am-9:00pm)

www.VA.gov

VOTER ASSISTANCE HOTLINE

888-308-6739

(Available Weekdays 8:00am-5:00pm)

www.RegisterToVoteFlorida.gov

EMERGENCY MANAGEMENT

Broward County: 954-831-3902

Palm Beach County: 561-712-6400

STATE ASSISTANCE INFORMATION LINE (SAIL)

1-800-342-3557

(Only activated during state-wide emergencies)

www.FloridaDisaster.org

FEMA DISASTER ASSISTANCE

1 (800) 621-3362

STATE ASSISTANCE INFORMATION LINE (SAIL)

1-800-342-3557

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1 (800) 4-OUTAGE (68-8243)

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404 S Monroe St

Tallahassee, FL 33344

850-487-5029

EMAIL:

Rader.Kevin.Web@FLSenate.gov

COVID 19 CORONAVIRUS DISEASE
 STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.





For more information: www.cdc.gov/COVID19

Let Temple Beth Am Become Your New Spiritual Home

By Linda Storfer

Temple Beth Am is currently closed due to the current COVID-19 Pandemic, but we are still offering daily services in the morning and evening online as well as Friday night services before candle lighting. As this is a time when so many people are isolated, it is very comforting to have a daily prayer service to go to and see fellow Wynmoorites. Even though we can't be together physically, we can all find support and unity by being together spiritually. We are proud to announce that we recently had Dr. Robert Watson, the well-known History Professor, Author and Lecturer, give a talk on Anti-Semitism to a wide audience on Facebook. Our Program Committee is busy planning exciting events, including foreign films, lectures and concerts to be held as soon as we re-open our doors. A special tribute concert to the Beach Boys is in the planning for next year, so watch for further details. In the meantime, stay safe and healthy and continue to wear a mask if you go out and wash your hands afterwards.

If you would like further details about any of the above, or future events, please call our office during the week in the morning at 954-968-4545 or log onto our website at www.beth-am.org.



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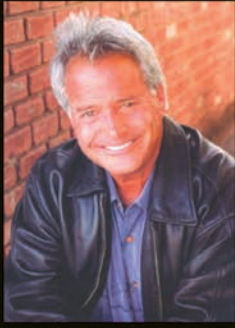
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Reflections On What Really Matters: For Estate Planning and For Life

By Martin Zevin, Attorney

As I sit home writing this, with my wife of 44 years in the kitchen and our only son working from his apartment in California, I'm reflecting on what really matters. This world crisis has given me time to see things in perspective. I've been waking every morning saying "Thank You, God" and repeating it constantly all day and night. I have such deep gratitude for the roof over our heads, food to eat, each other to hug and our son safe, healthy and still working.



Through all my years of assisting clients with Estate Planning, I have seen so many parents who are alienated from one or more children. I hear things like: "I haven't talked to my son in 20 years." Or: "My daughter has said things to me that I can never forgive. I want her out of the Will." It always makes me sad. But as a lawyer, I do what the client asks. The Estate ends up going to a charity, or a sibling or a friend. And charities and siblings and friends are certainly all worthy.

And yes, children can be mean or selfish or inconsiderate. But in this moment, writing this as a man and a father and a son to two parents who were far from the greatest, but who gave me life, I say to any one reading: This is a time to forgive. Forgiveness is healing. If you can, leave this Earth having forgiven everyone, especially those closest to you. And forgive yourself, too. Forgiveness brings peace.

My mother-in-law was a sweet, loving woman. But her son, whom she loved dearly, married a woman who she couldn't stand. Her son was caught in the middle, but, as is usually the case, sided with his wife. And because

of that, my mother-in-law lost her relationship with not only her son, but her granddaughter as well.

I'm sounding more like a preacher than a lawyer. But here's the legal advice: as long as you're alive, there's an opportunity to forgive. To heal. To bring peace to yourself. If you've cut out a son or a daughter from your Will or Trust, consider putting them back in. If you can reconcile with them, on any level, it would be beautiful. But even if you can't, the mere act of making him or her an heir again is a great act of forgiveness and love.

These days, I (and many other lawyers) are working remotely. So I can talk to you on the phone and we can Amend Trusts, make new Wills or change any other documents without physically being in the room together. Once we have prepared the new documents, we e-mail or regular mail them to you with detailed instructions for signing.

And if you are lucky enough to have a wonderful relationship with your children, count your blessings -- and give them a call.

Please feel free to call me for a free personal or phone consultation regarding any issues pertaining to Wills, Trusts, Estates and Probate. I am also available for free consultation regarding personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com. See our ad on page 15.

POETS *and* POETRY

If your poetry was not in this issue because of space, we will try to get it in the next issue. Our goal is to give everyone an opportunity to have their work published. All poetry will be printed as submitted.

Survival of Fitness

By Lil Miller

*When family and friends reach out to you!
For a hug and Kiss and the two headed monster
Is waiting with a loud hiss! Me or them?
As love goes to hell in a handbasket and
The virus takes over! As mankind goes down the
Drain, as our warriors fight in vain – to find
This horrible strain of creeping vine – spreading
Over our land!
We pray to live another day and fight the
Enemy all the way*

Desperation

By Beverly Friend

*Sometimes I feel like Rapunzel
Although my hair is too short, and
My tower's only four stories high
My prince visits daily,
Bringing treats and games.
We whittle away the hours
Isolated, fearful of the scorched Earth
Will the curse ever lift?
Will the blighted trees bear fruit?
Time stretches, stops
Tortured, we wring hands in despair
And muse about survival.*



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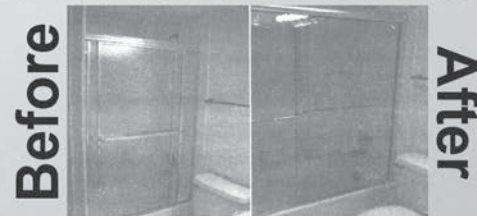
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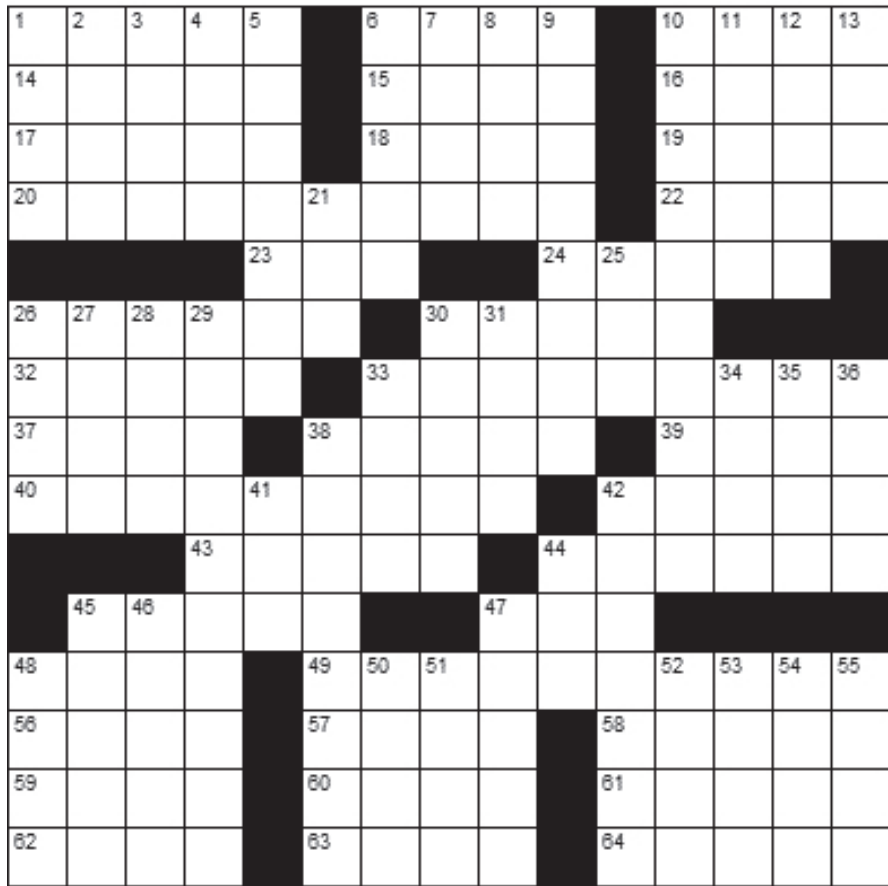
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Puzzles and Games

Solutions on page 50

Crossword Puzzle



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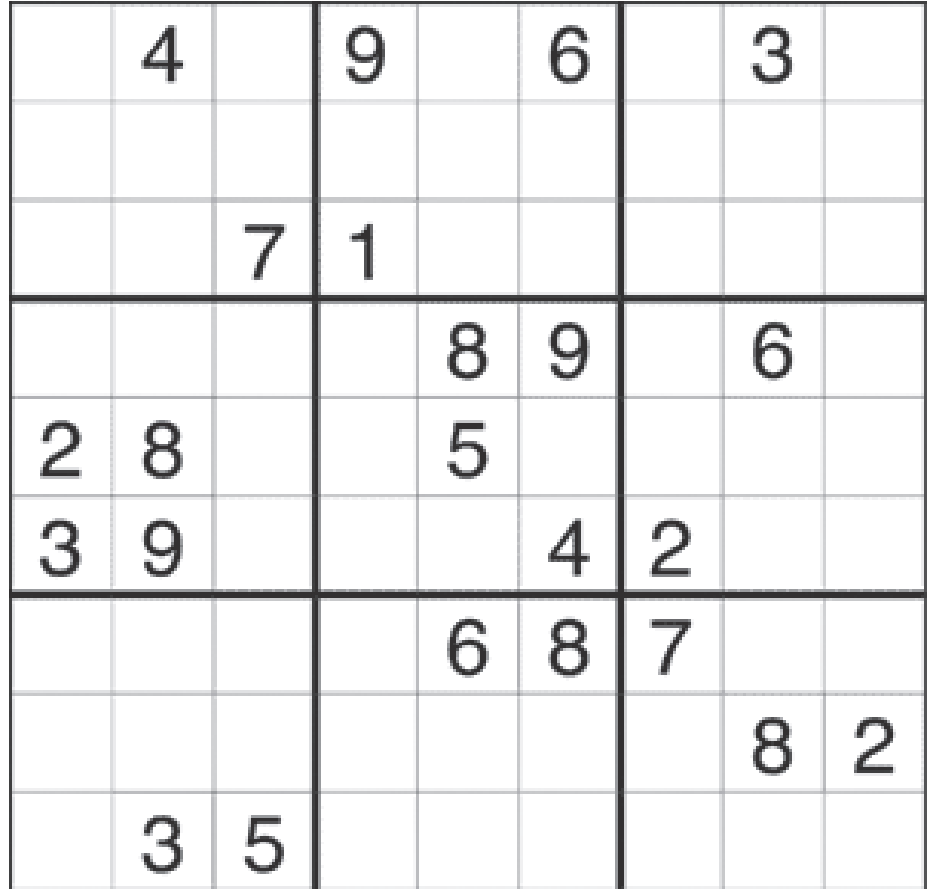
- 1. Adhere
- 6. Pleads
- 10. Trail
- 14. Malicious burning
- 15. French for "State"
- 16. If not
- 17. Infantile paralysis
- 18. Govern
- 19. Talon
- 20. Loud
- 22. Maize
- 23. Attempt
- 24. Bird pouches
- 26. Gossamer
- 30. Cooked in hot fat
- 32. Homeric epic
- 33. Criminals
- 37. Sediment
- 38. Discovers
- 39. Jump
- 40. Permissiveness
- 42. Winged
- 43. Full of hardship or trials
- 44. Worn away
- 45. Master of ceremonies

DOWN

- 47. Arrive (abbrev.)
- 48. Char
- 49. Criminal
- 56. Killer whale
- 57. Brother of Jacob
- 58. Poplar tree
- 59. Feudal estate
- 60. Knights
- 61. Kidney-related
- 62. Check
- 63. Satisfy
- 64. Obdurate

- 13. Axed
- 21. Sphere
- 25. Confederate soldier
- 26. A box or chest
- 27. Hodgepodge
- 28. Tab
- 29. Boats and jetskis
- 30. Decorative
- 31. Go on horseback
- 33. To move quickly
- 34. Absorb written material
- 35. Rendezvous
- 36. Hurried
- 38. Anonymous
- 41. Caviar
- 42. Indebtedness
- 44. Mistake
- 45. Creepy
- 46. Ceremonial staffs
- 47. Bad treatment
- 48. Not hard
- 50. Largest continent
- 51. Verruca
- 52. Assist in crime
- 53. Gambling game
- 54. Distinctive flair
- 55. Depend

Sudoku



Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 8-by-8 boxes must contain all nine numbers, 1 through 9 with no repeats.

Famous Artists

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.



- | | | | |
|------------|-----------|--------------|----------|
| BASQUIAT | GAUGUIN | MICHELANGELO | RENOIR |
| BOTTICELLI | GOYA | MONET | RIVERA |
| CARAVAGGIO | HOPPER | MUNCH | RUBENS |
| CASSATT | KAHLO | O'KEEFFE | SEURAT |
| CEZANNE | KANDINSKY | PICASSO | TOULOUSE |
| CHAGALL | KLEE | PISSARRO | LAUTREC |
| DALI | KLIMT | POLLOCK | TURNER |
| DA VINCI | MANET | RAPHAEL | VAN GOGH |
| DEGAS | MATISSE | REMBRANDT | VERMEER |
| DELACROIX | | | WARHOL |

a WORD or Two

Word: arboreal

Definition: of or relating to a tree : resembling a tree

Example: "In the wild, they're arboreal and live in tropical rainforests. And as their name implies, sloths move slowly. So slowly, in fact, that they have a metabolic rate of about 40 percent to 45 percent of what would be expected for their body weight," according to zoo experts." – Dana Hedgpeth, The Washington Post, 30 Dec. 2019

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-Stuart J. Beebe
CEO of Sonata Senior Living



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Dear Residents,

Thank you, Wynmoor, for continuing to stay closely in touch with the community in order to protect residents and keep them safe. The virus has impacted all of our lives in so many ways; however, this is ONLY temporary. Soon our life will return to normal, enjoying Wynmoor lifestyle and emerging stronger than ever. Please read and enjoy the passage.

Be Kind, Be Thoughtful, Be Safe and Be Well.

**Most Sincerely,
Bonnie**



History will remember when the world stopped
And the flights stayed on the ground.
And the cars parked in the street.
And the trains didn't run.

History will remember when the schools are closed
And the children stayed indoors
And the medical staff walked towards the fire
And they didn't run.

History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song.

History will remember when the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all.

History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again

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3401 BIMINI B-2	Lovely 2 Bed/2 Ba. Overlooking golf course, W/D, enclosed terrace for more space	\$ 110,000
2803 VICTORIA C-4	2 Bed/2 Ba. Gorgeous, totally remodeled, quiet garden view...\$5000. BONUS	\$ 179,000
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INSPIRATION STATION

By Diana Stone, M.A., Wellness Consultant and Inspirational Writer and Speaker

Finding Your Rhythm and Purpose During the Pandemic

Dear Reader,

So, how are you holding up dear ones? Have you nestled into a cozy quarantine routine that allows for ample rest, creativity and connectedness, or are you struggling with the limitations, fears and anxieties of this unprecedented pandemic with no sign of relief? As a member of the human race, my bet is that you are experiencing both polarities but certainly leaning towards one end of the spectrum more than the other. My initial intuitive response to this historic pandemic, was that on a deeper level, more healing of the planet would occur and we would re-emerge as a gentler, more unified society, wanting to care for one another in profound ways and with a greater appreciation for the gift of life. But over the past 8 weeks, my biggest concern has not been the Covid-19 virus, but in the potential of all the rifts in our society as we navigate from different perspectives and agendas. Do we continue in quarantine and let this virus die off or do we delve back into cautious community living? I've become an observer, from the comfort of my home, of how others are dealing with this new life situation and I've noted some patterns that amuse and concern me.

Interestingly, I've found with my clients, family and friends that those who identify mostly as introverts are thriving and the extroverts are wilting away! Introverts prefer to go inward for direction, comfort and entertainment and get re-energized by their own company: whereas extroverts prefer the company, stimulation and validation of others to feel fully alive. Since in normal times "pre-pandemic" our society is highly social, the introverts struggled a bit to fit into the world of get-togethers and often had to overcome their true nature to tolerate small talk at the market or attending parties with their spouse and friends. Now it seems it's the extroverts who are off their game, searching for on-line platforms to express, connect and engage. My husband is an absolute people person. He has volunteered from day one to do all errands and I think he relishes in it. He wears his facemask and gloves but he gets to see others and this fuels him. I've only been in the car a couple of times in 8 weeks! Each time, I am in absolute shock at how many cars I see! I've come to enjoy this calmer pace of life. I walk double my former trails and I love how nature soothes and delights me!

At this writing, we do not have an "end" date of concern over Covid-19. Each state and county has its own guidelines for re-opening. I've noticed that some

people are not waiting for permission to do what they feel is right and have opened their businesses before the ban has lifted and I've equally noted that you couldn't pay some people to get out and about against their gut instinct to stay put! If we practice tolerance for one another's varying comfort levels and choices, we can in some measure, keep the peace. It frightens me to see the escalated violence over the differences in how we are all coping. I'm not even consistent myself in my own home! Some days I wipe off every object that comes into the house and other days I forget and open a letter before it's 24-48 hour waiting period! (Even this was our family's guesstimate/comfort level from reading articles that suggest some strains of the virus can live on paper for up to 5 days!). I've grown tired of sanitizing every counter every day. I can't sustain 24/7 vigilance. Even so, I will be slow to re-emerge into society. I like being home with my family more now that we share in the chores that once belonged exclusively to me. We prepare meals together now and laundry is an on-going task that is shared.

Even when we get the all-clear sign, if and when that truly is a thing, I am going to hold onto the newly shared household rituals. I'm also going to really evaluate if I need to go out at all as I've grown to love staying in comfy clothes and not caring if I've put on make up or perfected my hair. It's been liberating for all of us to pretend we're glamping (upscale camping) and that our primary purpose is to do our "jobs" (work, school, family commitments) but then switch gears to mostly cherishing the downtime - the time to connect with nature, with each other and our own hearts.

May you all find a rhythm you can sustain and a purpose that feels meaningful. Even doing "nothing" is doing something. You are staying out of harm's way and you are not putting anyone at risk if you are a carrier. And equally important, you are re-booting so your creativity and productivity will surge when you do re-emerge off the couch and into the kitchen or the world at large!

As always, I am rooting you on to go at your own pace. This is not a race! Love, Diana

Diana Stone, M.A., is a Wellness Consultant and inspirational writer and speaker. Connect with her at dianalynnstone@me.com or www.dianalynnstone.com

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Safety Solutions

By Scotty Leamon

Public Safety Information Officer, Coconut Creek Police Department

Scams Still A Concern, Special Announcement On New Special Needs Database



Hello once again and we hope everyone is doing well! We miss seeing our friends at Wynmoor during the Tea Social Wednesdays and the last Thursday of every month for the Security Roundtable. Scams are still a concern as we enter our third month dealing with the Coronavirus. A recent uptick of a form of the Bank Employee Impersonator Scam was the basis for one of our recent Coconut Creek Police Department Scam Alerts.

Scam artists were primarily targeting our senior community. Here's how the scam works: The victim gets a phone call from someone posing as an employee from their bank. This "representative" then tells the victim that their bank card is compromised, and they'll be sending someone to their door to pick up their bank card and pin number. Sure enough, a fraudster impersonating a bank employee rings the door bell, takes the "bad" card, and jots down the pin number, promising they'll bring them a "new" one later. It's not long before the victim notices money missing from their bank account.

The fact that this is a scam may seem obvious, but it must work, or else the bad guys wouldn't keep trying it. If you get a similar phone call, please remember that your bank never handles business this way. A real bank would explain that your card is in a fraud alert, tell you to throw it away, and would

send you a new one in the mail. We believe these fraudsters are getting through the gate simply because the residents are expecting them, thinking that they do in fact work for their bank. Our goal is to make enough people aware of this scam so they won't fall for it and the bad guys will have to go somewhere else.

Now for a bit of good news during these challenging times!

The Coconut Creek Police Department is proud to introduce our new Special Needs Program Database. It's a free service and completely voluntary to join. Residents with loved ones who are dealing with Alzheimer's or Dementia for example are encouraged to register their loved ones, especially if they like to wander. We know that a husband or wife with advanced Alzheimer's or Dementia who likes to leave the home unannounced can be very worrisome for their spouse or significant other caregiver. The database includes options to upload a picture of the loved one, give a good physical description, and add any additional comments that may be needed. It's also designed to enhance relationships between loved ones facing unique challenges and our officers.

If, for example, your loved one is having memory trouble and is distrustful of everyone, including police, you can put that information in the database and officers will know that they need to approach your loved one in a special, compassionate manner.

The database will be kept private from the public. Information you enter into the database will only be shared with officers from our department and emergency dispatchers. You can visit the database on our website at https://www3.coconutcreek.net/police/special_needs/. We'll also be more than happy to answer any questions you have. You can send me an email at sleamon@coconutcreek.net or give me a call at 954-480-7196.

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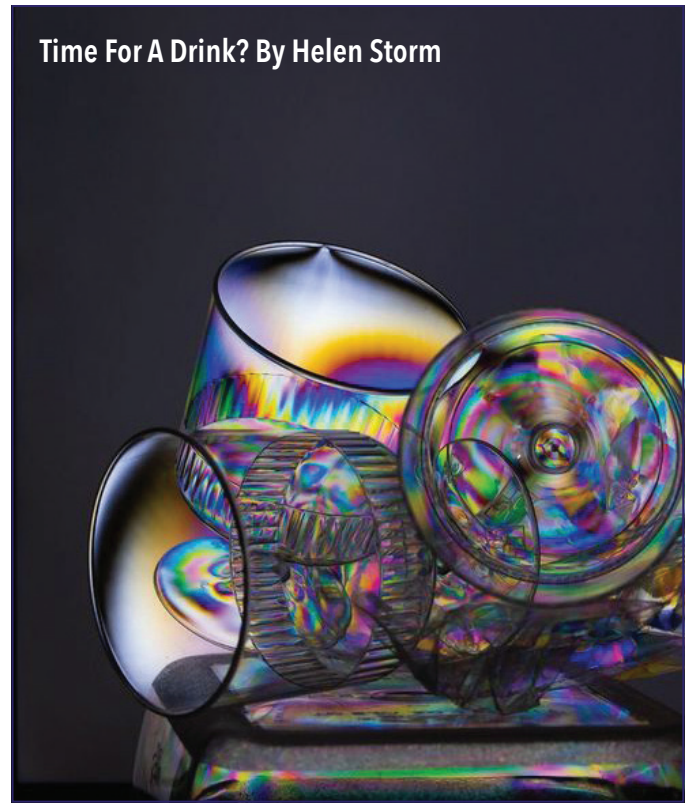


By Nancy Landman

Where Will The Homeless Go? By Nancy Landman



Time For A Drink? By Helen Storm



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## Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

By Leading Back Pain Expert, Todd James



Do you, or someone you love, suffer with back pain? Does the pain get worse when you stand or walk? Do you experience pain, numbness or tingling into your butt or down your leg? Do you have pain when you sit for long periods or drive? Are you afraid your pain will get worse if you don't do anything about it? Has the pain gotten so bad, that you avoid many activities that you used to enjoy?

If you are 55+ and answered YES to any of these questions, then please read on because I have some special information about relief of your back pain.

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

If you or someone you love is experiencing back pain and are wondering if you are doing the right things for your back, I would like to

offer a free guide I have created to answer those questions. In this guide, **Erasing Back Pain: How to Avoid the 9 Most Painful Mistakes and What You Should Be Doing Instead**, you will find information about what will not help ease your back pain and how to make the right choices to get you out of back pain and on the road to enjoying an active, healthy lifestyle again.

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2 decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

If you are currently held back from getting a good night's sleep, being able to walk with friends, getting out on the golf course, or playing with the grand-kids, I invite you to visit [www.coconutcreektherapy.com/backpain](http://www.coconutcreektherapy.com/backpain) to claim your free guide. If you prefer, give us a call at 954-972-1200 and we'll be happy to assist you.

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# Service Equals Reward

By Sheriff Gregory Tony

## Demonstrating Service In Serving

Before I begin this message, I want to take a moment to remember a beloved member of the Broward Sheriff's Office family, Communications Operator III Nikima Thompson, who sadly lost her brave battle with COVID-19 on May 4th. Nikima was a dedicated 16-year veteran of BSO and the first communications operator to die in the line of duty in Florida. We pay tribute to her sacrifice and honor her service to this community. She is survived by her mother, Geraldine Wilson, who is also battling COVID-19; her father, Herman Wilson; her sister, Gina Stewart; and her four children, Aran Jr., Isaiah, Justin and Heaven. Rest in peace, Nikima. You are greatly missed.



The COVID-19 pandemic has led to major disruptions in our traditional way of life and resulted in tremendous hardships for many. For the past several months, we have confronted this unprecedented challenge. As we navigate these uncertain times, we do so having learned the power and value of community and the virtues of working together for a common good.

It has been truly remarkable to see the Broward community step up and come together as one. Friends and strangers alike have united, largely by staying apart, to help slow the spread of this deadly virus and protect the most vulnerable among us. The men and women of BSO share in that commitment. We play a unique and critical role in combatting this crisis. We are not only ensuring the safety of the public, but we are also extending our assistance beyond calls for service to provide support for the overall wellbeing of Broward County.

Let me tell you some ways BSO is meeting community needs:

- The pandemic has led to tough financial difficulties with many people struggling to provide the most basic food necessities for their families. BSO has established *Operation Helping Hands* whereby we partner with community-based organizations and Feeding South Florida to help provide groceries to

those in need. We are also delivering food to the doorsteps of our senior citizens who are unable to leave their homes.

- We know through our community policing initiatives that small and simple acts of kindness can have huge and lasting impact. While social distancing has prevented us from coming together, we have been honored to participate in birthday parades and the like to ensure important milestones are not forgotten, and instead are occasions to remember. Similarly, we've participated in heartwarming displays of support for our hospital partners who are on the front lines fighting this virus with us. It has been an absolute pleasure to provide some joy and see the smiles these parades have brought.

- We have witnessed our deputies and other employees go above and beyond the call of duty to help others who are struggling. Recently, deputies observed a mother and her six-year-old son sleeping in their car. After learning they were homeless, the deputies got them a hotel room for the week and bought them groceries. As of our last contact with the woman, she was able to gain employment and is working toward getting on her feet. It's an honor to work alongside such good and decent people.

- Our participation in the Law Enforcement Torch Run has been a long-standing tradition of ours to support Special Olympics. While the run was canceled this year, we still showed our love and support for these inspirational athletes and participated in virtual runs across the county. As an organization, we remain committed to supporting our community partners and will continue to find creative ways to do so.

These are just a few examples that demonstrate how together we accomplish more. These past few months have presented us with unexpected circumstances and challenges. While our commitment as an organization to work alongside this community to serve and meet their needs is not new, it is stronger now than ever before.

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Hi!!! My name is Evette Weiss, I use to wake up 2 or 3 times a night to go to the bathroom. After treatments from Dr. Herman, I now sleep 7 or 8 hours per night without waking up to go to the bathroom. I had been leaking urine when I laughed, coughed or sneezed, but I no longer suffer from this problem. My goal is to help other men and women who may suffer from this embarrassing situation.

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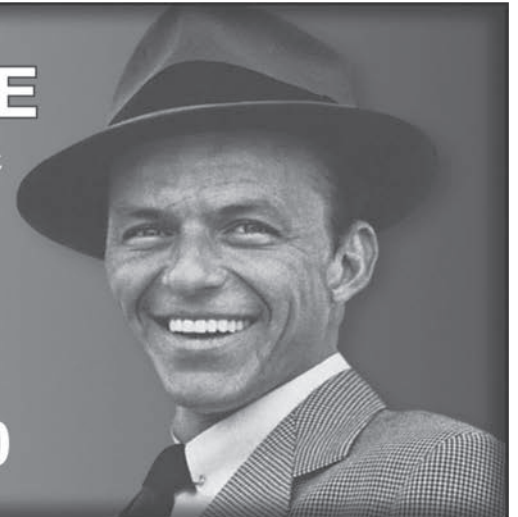
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# Dear Dr. Joy...

By Joy Berke Sanchez, PhD

You may find the first half of this month's article very boring or extremely interesting, even fascinating, depending upon your beliefs and perspective. I'm a clinical psychologist and not a physicist but I think I have a relatively good understanding of the

subject especially in the areas I'm going to be writing about. This took some research and the figures are not mine.

The following comes from One Mind-One Energy.com/Law of Vibration:

The Law of Vibration might not be as well-known as the Law of Attraction. However, the Law of Vibration serves as the foundation for the Law of Attraction. It helps to remember that everything is energy. Science, through Quantum Physics continues to show us this.

When we go down to a subatomic level, we don't find matter, but pure energy. Physicists refer to this as the unified field or the matrix. Or even refer to it as pure potentiality.

The Law of Vibration state that everything in the universe moves and vibrates -- everything is vibrating at one speed or another. Nothing rests. Everything you see around you is vibrating at one frequency or another and so are you. However, your frequency is different from other things in the universe and that's why it seems like you are separated from what you see around you.

In truth you are not separated. You are in fact living in an ocean of energy as we all are. We are all connected at the lowest level known as the unified field.

Everything has its own vibrational frequency even our thoughts and feelings. It's all governed by the Law of Vibration.

So, what does this all mean to us and the Coronavirus?

The vibration of this virus is 5.5 to 14.5 hz. And cannot survive over 25.5.

The current vibration of the earth is 27.4 hz. Except in places of turmoil and pain and anxiety. Then it diminishes considerably.

The virus is particularly dangerous to people with lower vibration: For example: Those experiencing pain, fear, anxiety, hatred, anger or loneliness vibrate between 0.1 and 3.3 hz.

People who experience gratitude, appreciation, empathy, love or generosity vibrate between 45 and 150 hz.

Now the good part is that you have more control over your vibrations than you probably believe you do. Your thoughts and feelings are responsible for your vibrations even though you probably think it's the 'reality' you see around you. But you can choose your interpretation of your reality. For example, instead of complaining about having to stay home and calling it 'stuck', think about it as being 'safe'. Realize that

through this all, the earth and environment is healing itself in ways we would never have done on our own.

The second half of this article is on the subject of thoughts, beliefs and vibrations.

Thoughts are things. And as everything else, thoughts are energy and vibrations. They attract vibrations and energy that are at the same frequencies.

Did you ever feel like a thought is stuck in your head? Sometimes it even feels like your thoughts are occurring without your participation at all. This is actually what is happening. When you think a thought, the energy goes out into the universe and other thoughts that are of like vibration will be magnetically attracted to it and the momentum begins.

Your thoughts also create your feelings. The first exercise in my book *The Pursuit of Happiness* is to think a very negative thought and see what feelings are produced in your body and then let it go and think the most positive thought you can and check out your body once again. For a lot of people, unfortunately, the negative feelings seem easier to produce and therefore the negative feelings. This takes practice and commitment to keep reaching for the positive feeling. Sometimes if things are not going well at the time to have to reach back to a memory. This works just as well.

Beliefs are just thoughts that we keep thinking over and over. The way this works is that when we think and other matching thoughts join in and momentum occurs, the events that you draw to you exist first as energy/vibration before they become a physical manifestation. So, when they become physical and you see them as your reality, your belief gets stronger. Then you think it even more and the belief gets even stronger and "proven" and all the events that are drawn to you is further proof and you get to be right all the time. This is how thoughts become beliefs and then physical reality and around we go.

Quantum physics as said in the first half of this article, tells us that the universe is all energy/vibration probabilities. You draw to you whatever matches your thinking and your beliefs. This is true everywhere in our lives but we seem to notice it most in the areas of health, money and relationships. We all have beliefs about ourselves and others and since we don't realize that what we have is a result of these beliefs we keep thinking the same thoughts and keep recreating the same results and get to be right once again.

Try to put aside all judgment on whatever it may be that you are thinking negatively about and produce some positive thoughts instead. You can write them down, do affirmations, start talking about what is pleasing to you and what you appreciate in life. Try it for a month a see what happens. There is a power of positive thinking and a power of negative thinking. You can choose which power to use.

Wishing you all health.

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# Mini Lessons On Computer Use

By Patrick O'Brien

A few things very helpful for you to know.

How to cut and paste or copy and paste on a Windows computer.

1. Cut and Paste (How to move text from one place to another on a Windows computer.) Using your mouse or trackpad move the mouse pointer to the left of the text you want to cut or copy. One left click. This locks in the text cursor (the thing blinking). Next, while continuously holding down the shift key use the arrow buttons (located on your keyboard at the bottom right) to move rightward across the line you want to move or copy until it is fully highlighted. If you want to highlight more, like a paragraph, after locking the cursor (one left click) while holding down the "shift" key press the down arrow to highlight more. Don't be afraid to experiment and or practice. To cut text in a document that you have highlighted press and hold the "ctrl" key and tap "x" and quickly, let them both go. The text you wanted to remove is gone. If you want to cut and paste that info you would next move the mouse pointer to the location you want the removed text to be inserted. One left click, then press and hold the "ctrl" key and tap "v" quickly let them both go. The text you removed will now appear in the new location.

2. If you intend to copy, highlight the area as described above, press and hold the "ctrl" key and tap "c" then quickly let them both go. Now move your mouse pointer to where you want the text you copied to be inserted. One left click and then press and hold the "ctrl" key and tap "v" quickly let them go. You have just pasted the text to the new location. Number 1 removes the text and puts it somewhere else. Number 2 leaves the text in place and then adds it elsewhere. Once you copy you can also open a new document and using "ctrl" + "v" you can add what you copied from one document to another.

You can also highlight as described below.

If you are good with the mouse, you can start to highlight by first placing the mouse pointer immediately to the left of the targeted line. Press and hold

the left mouse button and slide the whole mouse across the table or desk until the whole area you want to cut or copy is highlighted. Then follow the above instructions.

A common need for copy and paste is for a website address like wyncomputerclub.com. Many of us receive emails that include a web address but it is not active. Using the description above, highlight the web address. Then hold down "ctrl" + tap "c" and let both go. Next, move the mouse pointer to the address bar in your web browser. One left click in the address bar, (also called the URL, pronounced "earl") box as shown here.

Then press and hold "ctrl" and tap "v" and quickly let them both go. The copied address should now be in the address bar of your browser. Press enter and off you go to the website you wanted.

A browser is the program that lets you go from your computer out onto the internet. Common browsers are Firefox, Edge or Explorer, Chrome and Safari.

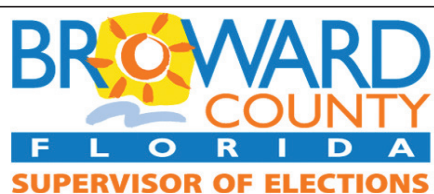
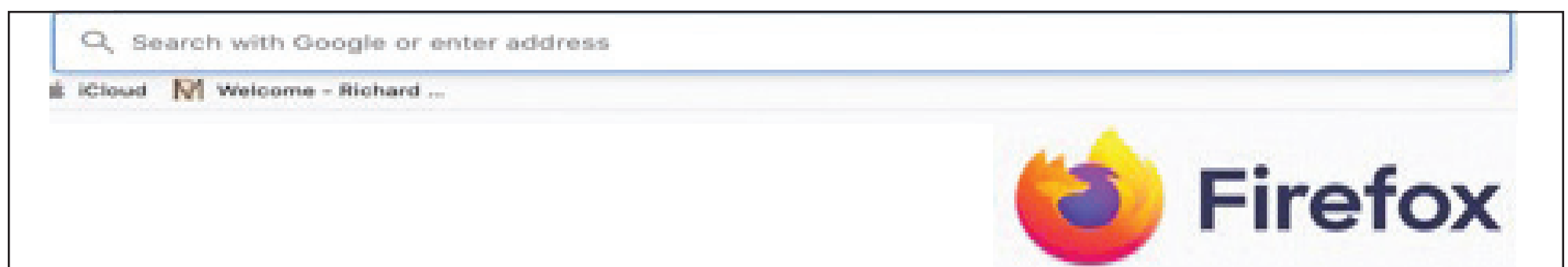
You need to know that you can cut and paste in any document you are creating. You cannot cut and paste an email that has been sent to you. Additionally, you cannot cut nor paste in a web site nor a PDF. For PDF, if you are in process of 1st creating the PDF you could cut and paste if you are the creator - before you save the document. Saving a PDF locks the document. You can copy from most emails and some websites. And some PDFs will let you copy. You cannot paste into a website but you can paste an address into the address bar of a web site.

Wynmoor Residents have a great computer resource at wyncomputerclub.com.

You do not need to be a computer club member to use this website.

Email the author for similar description for Mac computers.

Patrick O'Brien is a resident of Wynmoor and a Computer Club board member. He can be reached at 2makeitwork@gmail.com.



# NOTICES

The Broward County Supervisor of Elections Office is operational and working remotely Monday through Friday 8:30 AM- 5:00 PM. The office is closed for walk-ins from the public until further notice.

General Questions Please Call:

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OR Email: [Elections@browardsoe.org](mailto:Elections@browardsoe.org)

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You **MUST** register online at [browardsoe.org](http://browardsoe.org) to get your ballot so that you can **VOTE BY MAIL**





# HISTORY CORNER

By Philip Edwards

## HENRIETTA WOOD: FIRST SLAVE TO RECEIVE REPARATIONS

In 1819, Henrietta Wood was born a slave in Kentucky. She was taken from her family at fourteen and sold several times until she became the property of a well-to-do couple, William and Jane Cirode. After William died, Jane moved her family and Henrietta to Cincinnati, Ohio. Once in Ohio, Jane took Henrietta to the courthouse and registered her as a free person. Their bond was strong, and she continued to work for Jane and receive a wage. When Jane died, Henrietta, a free person, was gainfully employed by Rebecca Boyd.

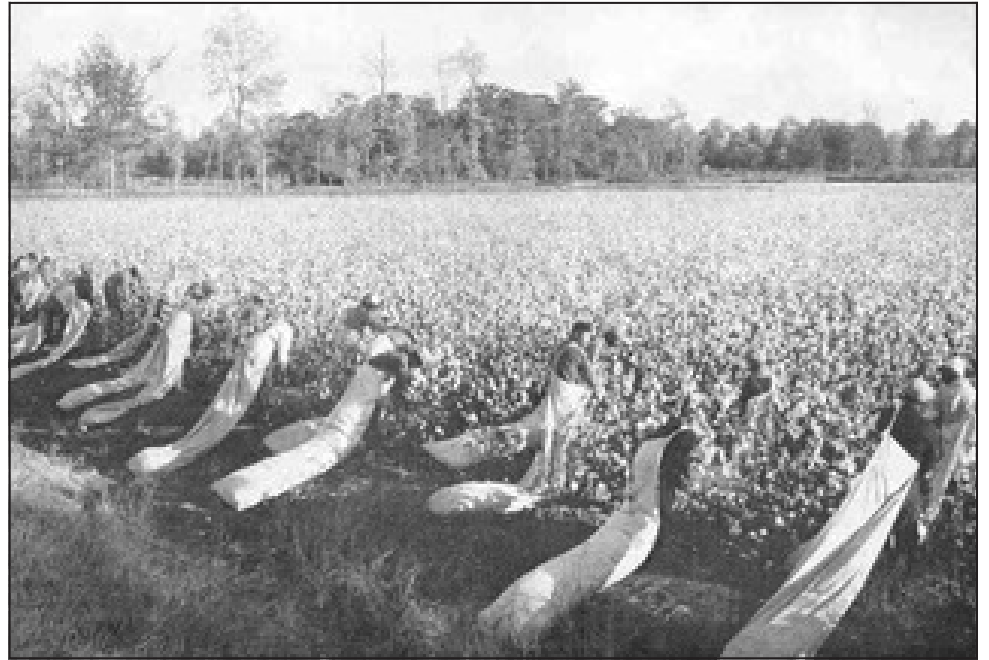
Some people can't have enough. Jane Cirode's daughter, Josephine, and her husband believed Henrietta should be part of their inheritance. Although wealthy, they arranged to have Henrietta captured and sold. They paid her employer, Rebecca Boyd, to take Henrietta from Ohio, a free state, to Kentucky, a slave state. On the ruse of doing an errand, the women crossed into Kentucky. On a prearranged meeting, Sheriff Zebulon Ward, whose side business was slave trading, kidnapped Henrietta and sent her to a slave market.

Henrietta was whipped, beaten, and humiliated before ending up on a cotton plantation in Natchez, Mississippi. In court, she testified, "I worked under the meanest overseers and got flogged and flogged until I thought I should

die." When the war ended, and Union troops were in the south freeing slaves, Henrietta and 300 other slaves were marched 400 miles to Texas where they were out of reach of federal forces. She labored as a slave another eight years until she was freed and then made her way back to Ohio.

Lawyers came to her defense after her story was publicized. They entered a charge of kidnapping and sought reparations from Zebulon Ward. Ward was wealthy and delayed the legal proceedings for seven years until the trial finally came to court. Of the twenty thousand dollars Henrietta sued for, she received only two thousand five hundred dollars. At Ward's death, his net worth was six-hundred thousand dollars, which is several million at today's value. The rich do get richer.

Henrietta took her money and moved her and her son, Arthur, to Chicago. Arthur became one of the first African Americans to graduate from law school. He fought for racial equality most of his life, and many of his children and grandchildren became lawyers, doctors, and professionals, making a positive contribution to America. Greed and racism are strong and stronger, yet are goodwill, faith, and perseverance. Despite some of her stains, God Bless America as she steadily moves toward a more perfect union.



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our heroes  
who don't  
wear capes.  
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for  
keeping us  
healthy, safe,  
serviced,  
and fed!**



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# Puzzles and Games

Solutions from page 36

## Crossword Puzzle

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | I | C | K |   | B | E | G | S |   | P | A | T | H |   |   |   |
| A | R | S | O | N |   | E | T | A | T |   | E | L | S | E |   |   |   |
| P | O | L | I | O |   | R | U | L | E |   | C | L | A | W |   |   |   |
| S | T | E | N | T | O | R | I | A | N |   | C | O | R | N |   |   |   |
|   |   |   |   |   |   | T | R | Y |   |   | C | R | A | W | S |   |   |
| C | O | B | W | E | B |   | F | R | I | E | D |   |   |   |   |   |   |
| I | L | I | A | D |   | J | A | I | L | B | I | R | D | S |   |   |   |
| S | I | L | T |   |   | F | I | N | D | S |   | L | E | A | P |   |   |
| T | O | L | E | R | A | N | C | E |   | A | L | A | T | E |   |   |   |
|   |   |   |   |   |   | R | O | C | K | Y |   | E | R | O | D | E | D |
|   |   |   |   |   |   | E | M | C | E | E |   | A | R | R |   |   |   |
| S | E | A | R |   |   | L | A | W | B | R | E | A | K | E | R |   |   |
| O | R | C | A |   |   | E | S | A | U |   | A | B | E | L | E |   |   |
| F | I | E | F |   |   | S | I | R | S |   | R | E | N | A | L |   |   |
| T | E | S | T |   |   | S | A | T | E |   | S | T | O | N | Y |   |   |

## Famous Artists

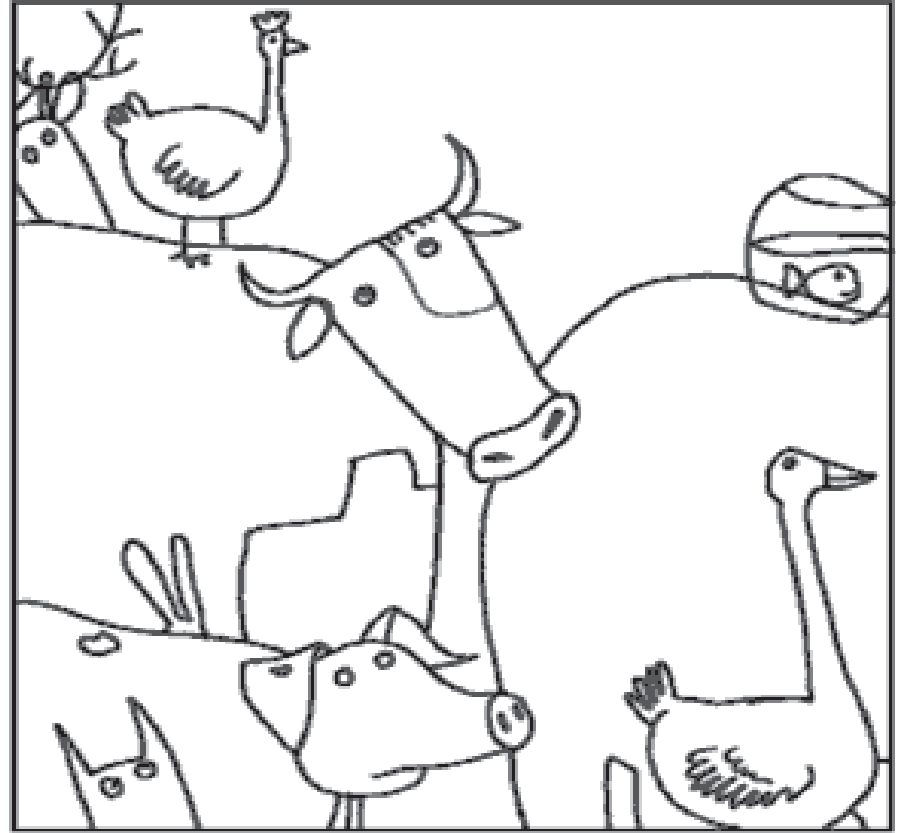
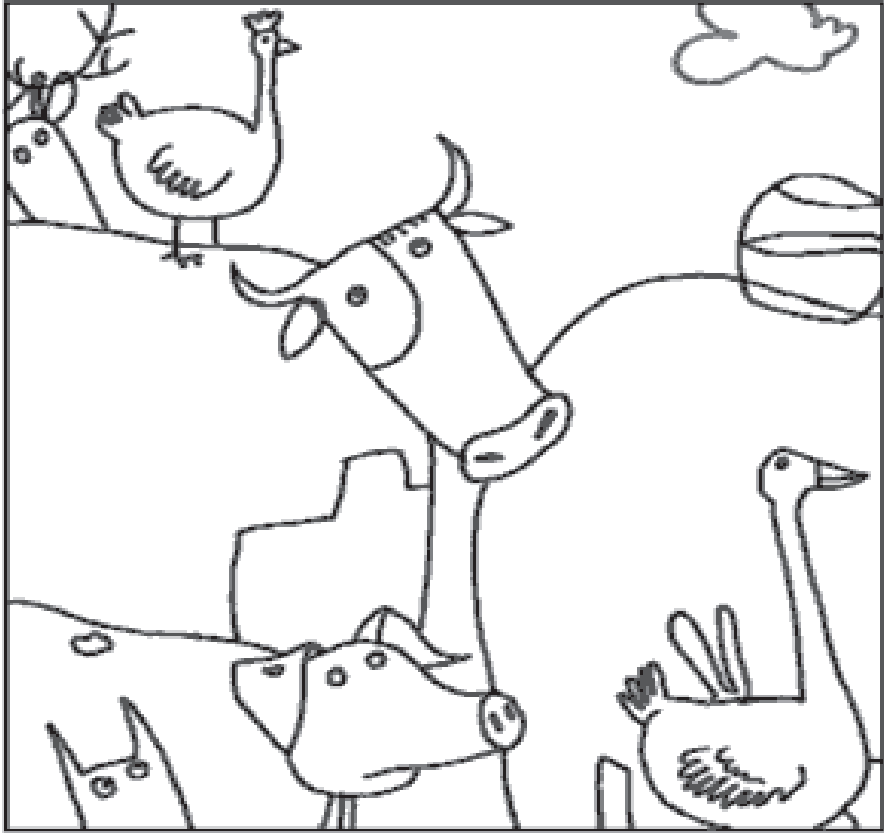
THE P I S S A R R O H M U N C H O  
 R E P P O H N K E D L T G S E Y P A  
 D I N T T D C T A M E W E O C E I N  
 E G T H O O A L D M N O A H G A L Y  
 G T V I L U I V O N R A A R N N K K  
 A C E L M N L M I A A G Z T H S A C  
 S V O A I T M O T N A R O E N O A V  
 N P G O C E A G U L C K B I C R L X  
 R H S G H N T B L S E I D M A O L I  
 R E E D I A E A I N A E E N T V E A H  
 E E I S U L M S L F S A L A M R R I C  
 M S T U G A F S F E K G G A E I T I C  
 R E N R I G M E A Y O G U E L I A  
 Y U E I L L E C T I T O B A T H E D  
 R R R D O A T A R R A P H A E L L C  
 L E O S S A C T P T I A S S A C S O

The hidden message is: **THE ONLY PAINTING THAT VINCENT VAN GOGH SOLD IN HIS LIFETIME IS RED VINEYARD AT ARLES**

## Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 8 | 9 | 2 | 6 | 1 | 3 | 7 |
| 1 | 6 | 3 | 8 | 4 | 7 | 9 | 2 | 5 |
| 9 | 2 | 7 | 1 | 3 | 5 | 8 | 4 | 6 |
| 7 | 5 | 4 | 2 | 8 | 9 | 3 | 6 | 1 |
| 2 | 8 | 6 | 3 | 5 | 1 | 4 | 7 | 9 |
| 3 | 9 | 1 | 6 | 7 | 4 | 2 | 5 | 8 |
| 4 | 1 | 2 | 5 | 6 | 8 | 7 | 9 | 3 |
| 6 | 7 | 9 | 4 | 1 | 3 | 5 | 8 | 2 |
| 8 | 3 | 5 | 7 | 9 | 2 | 6 | 1 | 4 |

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| 3203 Portofino: ..... | 2/2, Great View, Elegant Furniture, Ready To Move In .....                        | \$1500/mo. |

### SALES

|                       |                                                                               |            |
|-----------------------|-------------------------------------------------------------------------------|------------|
| 1603 Abaco:.....      | 2/2, Fully Tiled, Pool View, Washer & Dryer .....                             | \$ 132,500 |
| 1201 Bahama: .....    | 3/2, Unique Corner With Two Full Bathrooms .....                              | \$ 104,999 |
| 1902 Bermuda:.....    | 1/1, Water View, Nicely Kept, Being Offered Furnished .....                   | \$ 74,000  |
| 1902 Bermuda:.....    | 2/2, Beautiful Water View, Fully Tiled, Newer A/C, Furniture Negotiable ..... | \$ 122,500 |
| 3402 Bimini: .....    | 1/1, Needs Some TLC, New Carpet, Just Painted .....                           | \$ 85,000  |
| 3401 Bimini: .....    | 2/2, Overlooking Golf Course, Enclosed Terrace, Washer & Dryer.....           | \$ 110,000 |
| 1502 Cayman:.....     | 2/2, Evergreen Corner, Lake and Fountain Views .....                          | \$ 159,000 |
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| 2001 Granada:.....    | 2/2, New Porcelain Tile Floors, SS Appliances, Washer & Dryer .....           | \$ 134,999 |
| 1103 Granada:.....    | 2/2, Beautifully Updated, Partially Furnished .....                           | \$ 113,000 |
| 2003 Granada:.....    | 2/2, Corner, W&D, Completely Remodeled, Gorgeous .....                        | \$ 219,900 |
| 2201 Lucaya:.....     | 2/2, Beautifully Remodeled, Pool View .....                                   | \$ 184,900 |
| 2704 Nassau:.....     | 2/2, Completely Updated Unit, Move In Ready .....                             | \$ 149,999 |
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| 3204 Portofino: ..... | 2/2, Panoramic View, Completely Remodeled, Gorgeous.....                      | \$ 199,900 |
| 3204 Portofino: ..... | 2/2, Corner, Panoramic View, Golf/Lake View, Updated .....                    | \$ 215,000 |
| 3101 Portofino: ..... | 2/2, Completely Remodeled, Beautiful Fountain View .....                      | \$ 174,900 |
| 2003 Victoria: .....  | 2/2, Corner Unit, Lots Of Windows and Light, Garden Views .....               | \$ 179,000 |
| 2904 Victoria: .....  | 2/2, Very Nice Remodeled Unit, Lake & Golf View .....                         | \$ 174,900 |
| 2905 Victoria: .....  | 2/2, Great View, Ground Floor, Park In Front Of Your Door .....               | \$ 129,500 |



# Wendy Peck and Daughter Cheryl Stein Mother

*Wynmoor's Daughter & Resident Mother Real Estate Team*

**#1 RANKED REAL ESTATE TEAM in WYNMOOR**

## FEATURED PROPERTY 3205 PORTOFINO • \$135,000



Panoramic Water View • On Wynmoor Country Club's Largest Lake! • Roof One Year New • Newer A/C (2012) • 2nd Floor Unit In Desirable Portofino • Patio Faces South East • Village Pool Steps Away.  
(See Our Website For Floor Plans)

*Don't Make a Move Without Us!*



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954-675-3700 *Mother*

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